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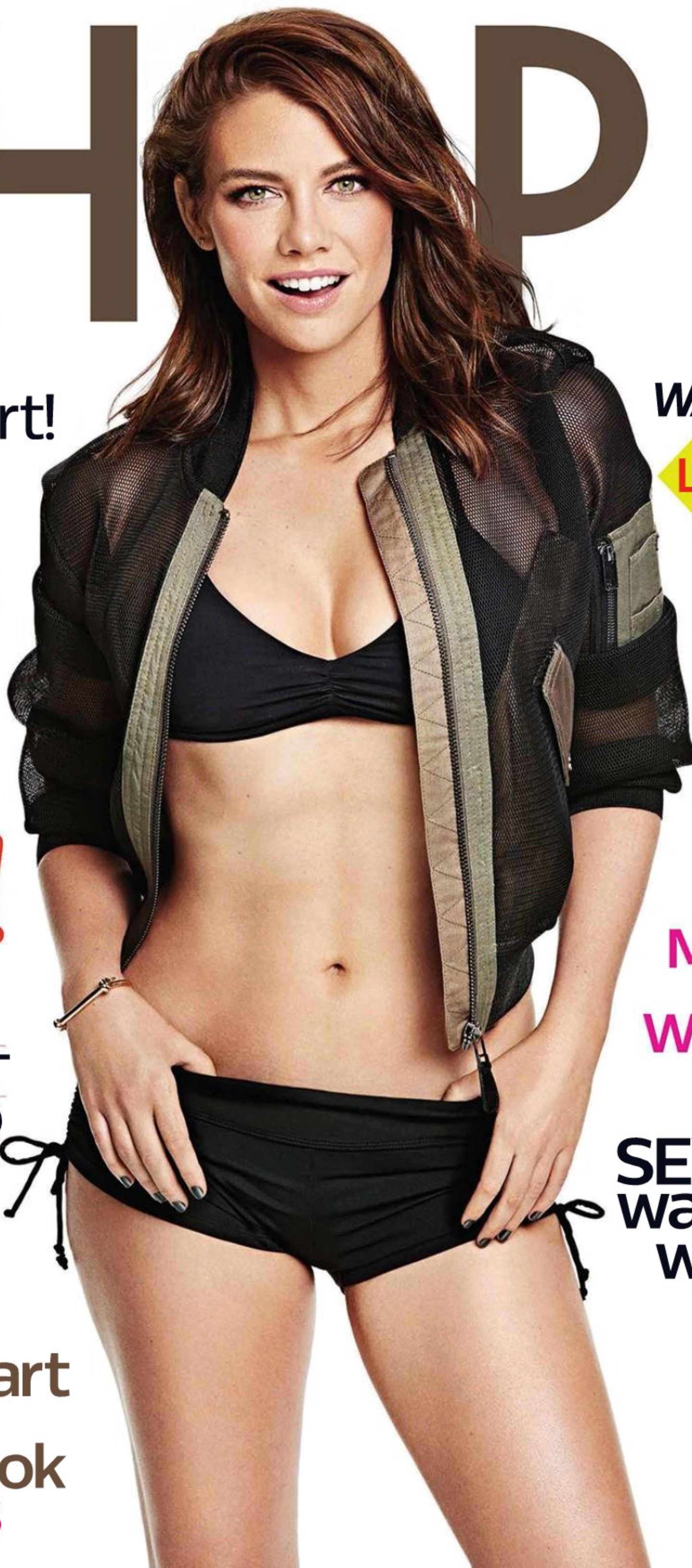
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36 Smart
& speedy
ways to look
gorgeous



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LAUREN
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killer
sculpting
secrets

3

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Jan | Feb 2016
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a fierce
physique.





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SCAN TO SEE THE SHOOT!
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AND SCAN THE PAGE.

ON OUR COVER Photograph by James Macari. Styling by Michelle McCool; hair by Bryce Scarlett/ The Wall Group for Kerastase; makeup by Kristofer Buckle for Diorskin Nude; manicure by Julie Kandalec/Bryan Bantry for Chanel le Vernis; set styling by Lynn Nigro. **On Lauren:** Diesel jacket (\$348, shop.diesel.com). L-Space by Monica Wise bikini top (\$73, lspace.com). Athleta boy-short bottoms (\$49, athleta.com). Rendor & Steel earring (\$415, rendorandsteel.com). Miansai bracelet (\$200, miansai.com). **Page 5:** Alala jacket (\$225, bandier.com). L-Space by Monica Wise bikini top (\$88, lspace.com). Athleta boy-short bottoms (\$49, athleta.com). Rendor & Steel earrings (\$1,025, rendorandsteel.com). **Makeup:** To get Lauren's naturally gorgeous cover look, try the following products from the Sephora Collection: Beauty Amplifier AfterGlow Primer & Luminizer (\$16), Colorful Gloss Balm in Pop'n Bottles (\$10), Brow Thickener in Brunette (\$12), The Mascara—Volume, Length & Definition (\$12), Colorful Face Powder Blush in Heated (\$15).

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NUMBER OF SHARES WE GOT ON OUR
CREAMY, CRUNCHY FLAT-BELLY SNACKS:

138,000

 When you want to eat light and right, head straight to the **#ShapeSlimDown** recipes on [page 148](#). Then stock up on healthy 150-calorie treats—like this tangy orange smoothie or a cocoa-dusted Greek yogurt with raspberries and honey—to keep you on track. You can drool over them all at [pinterest.com/fitnessmagazine](#).



YOU IN? Join our **#ShapeSlimDown** event to meet other goal-getters on the plan. Post your weight-loss progress, swap advice, soak up some cheerleading. It's all happening at [facebook.com/shapemagazine](#).



**BE OUR NEXT
SHAPE-OVER
SPOTLIGHT**

Tag **@Shape_Magazine** in pics of yourself conquering your **#ShapeSlimDown**—whipping up a meal, banging out a workout—and check in on **#WeighInWednesdays** to show us how you're doing. We'll feature our fave transformations on **Shape.com**.



**Boom!
We're on
Snapchat**

Add **Shape_Magazine** on Snapchat for everyday slim-down support. We're sharing our top go-tivational quotes each morning to rally you out of your sheets and into your sneaks.

 **LOSE WEIGHT, MAKE MONEY** If you want to drop pounds, putting a little cash on the line can help you achieve success, research shows. And we've got the perfect plan to help you do it: Sign up for the **Shape Slim-Down DietBet Challenge** at [shape.com/dietbet](#) by January 19, and commit to shedding 4 percent of your weight in four weeks. All you have to do is bet \$30 on yourself; participants who hit their goal split the pot with the other winners. Now that's slim-spiration!



Just because you don't see it, doesn't mean it isn't there.

Introducing the newly redesigned Volkswagen Passat with Blind Spot Monitor, one of seven available Driver Assistance features.* Passat. Where family happens.





THE TAKEAWAY

Go for the goal

“Next up, I’ll be mastering this more advanced move, the plank diagonal, part of our Do-Anywhere Workout.”

I can do 10 push-ups. 10 nose to ground, “military” style push-ups. This particular move has always eluded me, until now. As a kid, I watched the boys in gym class (and some of the more athletic girls) bang ‘em out without blinking. I struggled to do one.

I wish I could say this inspired me, but instead it became part of my personal fitness narrative that I just couldn’t “do” push-ups. Over the next few decades I focused my effort on exercise that didn’t rely heavily on upper body strength, and certainly didn’t include weight lifting. But those workouts, while great as part of a diverse fitness regimen, weren’t getting me the results I really wanted.

So I changed direction and started doing CrossFit. I’m fortunate to live near a gym run and staffed by people who believe in scaling the workouts based on individual abilities and limitations, with coaches who give lots of one-on-one attention (I’m talking to you Jess Fox!). I didn’t go in with a push-up goal in mind, but after months of bench pressing, dead lifts, planks and more, it occurred to me that the muscles developing in my arms might just power me through a few. I managed five and decided to try just one more, and then one more until I had done a total of 10. And with that, I blew the whole notion of what I “can’t” do out of the water.

As we kick off the New Year, I urge you to think not only about your specific goals, but the surplus benefits that come with new workout routines and healthier habits. It’s that domino effect I had in mind when I envisioned our special section, [THE SHAPE SLIMDOWN \(page 134\)](#), dedicated to what most of us are looking for this time of year, to lose weight and get our health back in balance after the holidays. Though the tips are targeted toward slimming down now, the advice you’ll find is evergreen, and offers a healthy-living blueprint that will not only help you achieve a specific goal, but comes bundled with dozens of extra triumphs, from healthier joints to clearer skin to deeper sleep.

Whenever you feel stuck or frustrated, remember that when it comes to health and fitness, the benefits are never singular; that whatever you’re doing is going to reap surprise and unexpected rewards. So go for your goals, and when you do, remember there are a whole slew of new ones lining up right behind them.

Elizabeth Goodman Artis,
Editor in Chief



TALK TO ME!

Email me at askelizabeth@shape.com with thoughts, questions, and feedback. And follow me on Instagram @EGAEDITOR.

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Incorporating Fitness Magazine

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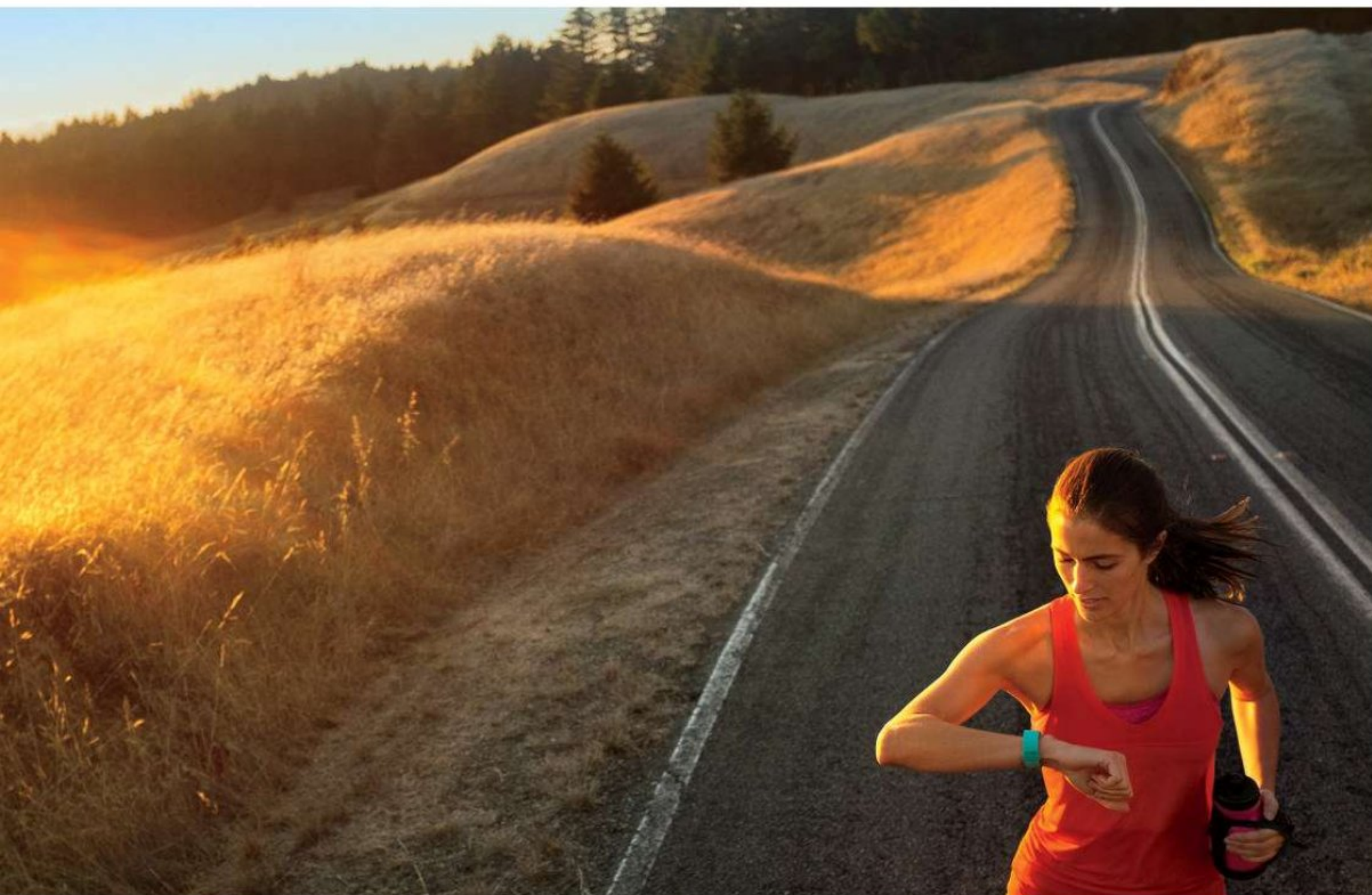
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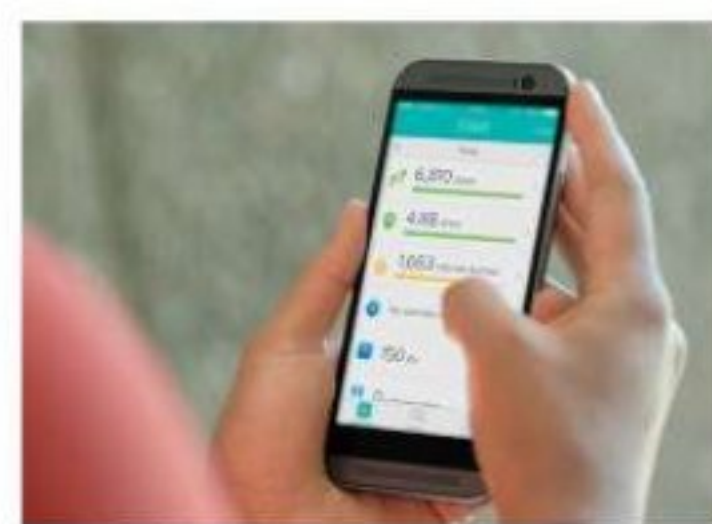
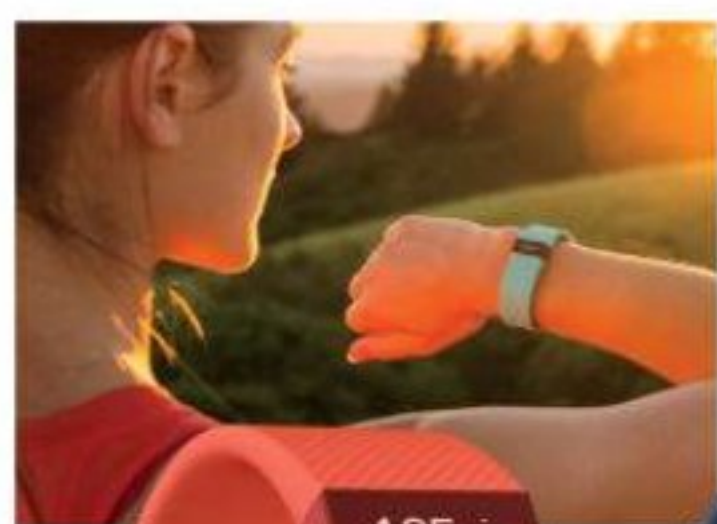
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RECIPES BY REBECCA MILLER FFRENCH / PHOTOGRAPHS BY TED CAVANAUGH



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FOR A WIN!

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- Nab Some Nutrition Know-How to SHAPE Up Your Plate
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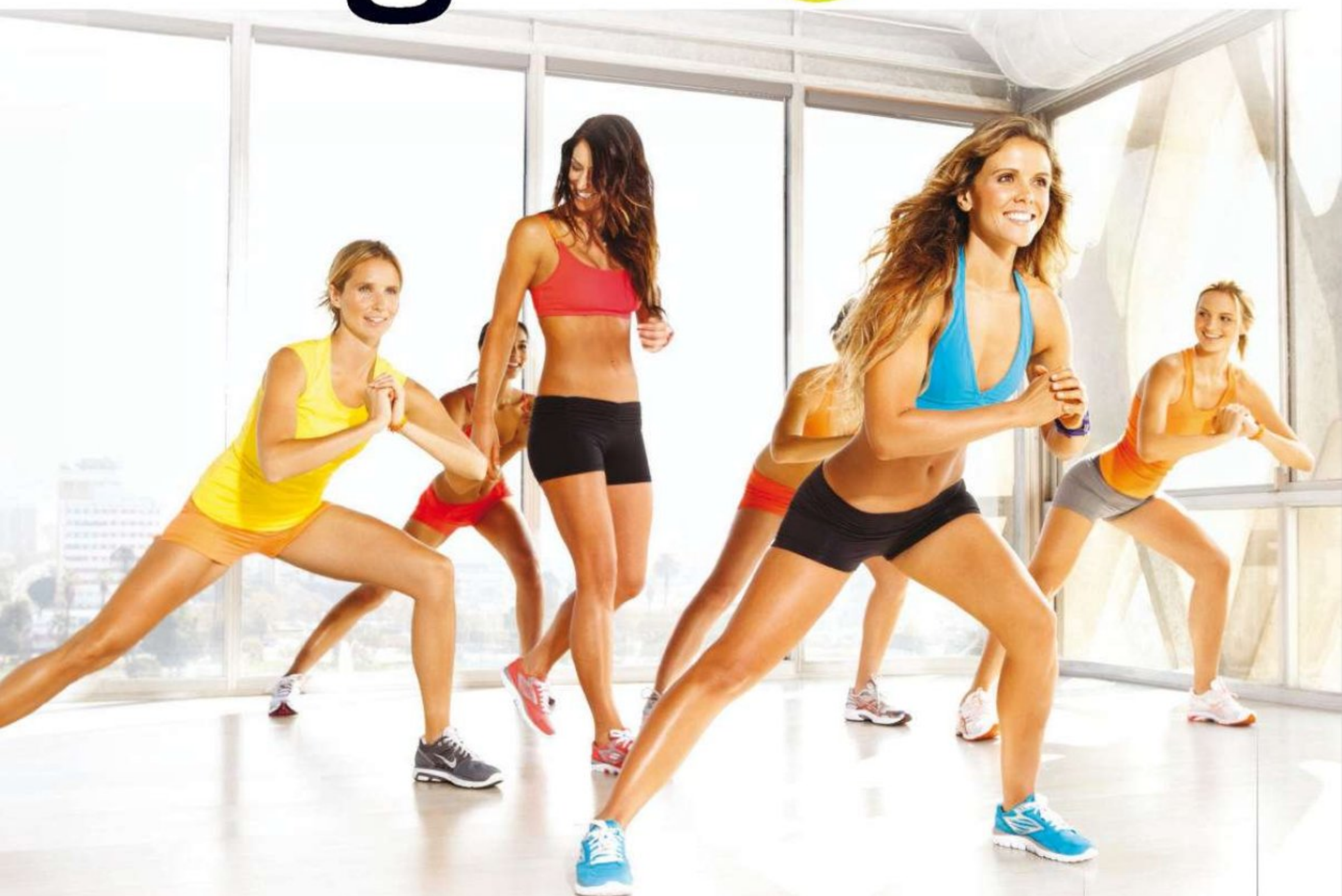
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*how good can
you feel?*

you rightnow

Increase
your burn.



Class action

GYM BOUND? Hit up a group workout for a contact (exercise) high. In a new University of Oxford study, exercisers who warmed up in sync with someone else increased their speed and endurance more than when they were moving to their own rhythm. “The presence of others may actually reduce the discomfort of working out, allowing you to push harder,” lead author Arran Davis explains. “It may also lead to an extra boost of endorphins, because you feel empowered by the people around you.” Take your pick: The perk should work for any sweaty class you choose, whether boot camp or Zumba.

BUDDY SYSTEM

When you can't make it to class, virtual group workouts will do! Tap into online exercise videos, like the fun, fat-burning routines from the Tone It Up girls (above, in black shorts) at youtube.com/toneitup.



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FREE **LOVE MY
SHAPE APP**
AND SCAN THE
PAGE.



A genius fix for nicks

You think your freshly painted nails are dry, so you reach into your gym bag and—*ding!* Don't start over; do damage control by applying a single coat of **Londontown Lakur Instant Smudge Fix** (\$14, londontownusa.com) to your wrecked enamel. The unique polymers bond to the polish and smooth it back into place.

Rock these shadows

Gwen Stefani is making it easy to steal her effortless hip-and-hot beauty. The limited-edition **Urban Decay/Gwen Stefani Eyeshadow Palette** (\$58, sephora.com) features 15 must-have shades—in finishes from matte to shimmer—curated by the sporty pop star herself. They're so wearable and brilliant, you'll want to rock 'em every day.



beauty right now



YOU WANT: *luminous* skin

When is it worth it to add yet another step to your routine? When you find something *this* transforming.

BareMinerals Skinlongevity Vital Power Infusion (\$48,

bareminerals.com) combines a vitamin-rich herb from Okinawa (known as "the island of long life") with brightening ginger and free radical-fighting poppy extracts. Apply it after you cleanse, before your serum and moisturizer, and in just two weeks, your skin will look younger, fresher, and healthier.



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Rinse off,
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See back of bottle for full usage instructions.

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WE MISS TOMATOES!

Winter is a cruel season for tomato lovers, like us. Thank the veggie gods for chef Amanda Freitag, the author of the new cookbook *The Chef Next Door*, who has a trick for making blah tomatoes succulent again. Halve each tomato, drizzle with olive oil, and sprinkle with salt, pepper, and thyme. Roast on a foil-lined baking sheet for 1½ to 2 hours at 300 degrees. (Heat concentrates their nutrients, so they become healthier, too.) Then enjoy with eggs, in pasta, or on sandwiches.



nutrition right now

The spice is right

Whether you're chasing their amazing health benefits or some new, exotic flavors, premixed spice blends will transform your favorite eats, says Patricia Erd, a co-owner of the Spice House (thespicehouse.com), an online retailer with stores in the Midwest. Punch up your meals with these three trendy blends.

Shawarma Seasoning

Warm and savory with notes of cinnamon, clove, and allspice, this mix is used in a traditional Middle Eastern street food. Blend it with olive oil or yogurt for a well-rounded marinade for meat or a dip for pita and veggies, Erd suggests.

Berbere This sweet and savory Ethiopian blend has a bit of a bite. Try it as a dry rub on meats or use it in a marinade for vegetables.

Japanese Seven Spice

In Japan, shichimi togarashi—a hot, savory, gingery, and citrusy powder—is shaken on top of all sorts of dishes. Use this version over a bowl of noodles or soup or even popcorn.

17oz

Amount of water to drink

a half hour before each meal in order to amp up your weight loss. Dieters who did so lost more than five times as much weight as those who skipped the sips. By filling your stomach, H₂O may help you become satisfied more quickly at mealtime, the study authors say.

SOURCE: University of Birmingham

SZECHUAN PEPPER

GINGER

BLACK SESAME SEEDS

ORANGE PEEL

NORI

SESAME SEEDS

GROUND GINGER

CAYENNE PEPPER

I want...
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TREADS WITH STREET CRED

Back in the day, **Air Jordans** practically invented the market for designer kicks, but until now they were made only for men and kids. To the delight of female sneakerphiles everywhere, Nike is making available the first-ever Jordans collection for women by extending their girls' line to size 11. First up: four classic Jordan styles, including the space-age **Air Jordan XIV Low GS** (\$140, jordan.com), above, which has been reinterpreted in a very wearable gray-and-white palette.

style right now



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AND SCAN THE PAGE.



GLAM DUNK!

It was love at first sight when we beheld the **Reebok sequined jersey tank** (\$85, reebok.com), dripping with bling. Oh, the endless sporty-cool ensemble possibilities! Wear it with jeans and wedge sneakers, sweatpants and trainers, or leather shorts and high heels to be the fiercest of them all.



ONE AND DONE

The workout leotard is back. Luckily, the newest versions are a far cry from the thongs and Day-Glo colors of yore. Take the **Michi Panthea leotard** (\$205, carbon38.com), above. The sexy mesh cutouts not only provide ventilation during extra-sweaty gym classes but are also strategically placed to create a slimming effect. Plus, this sleek body-con onesie is as on point for hitting the barre with ballet tights as it is for hitting the bar with a glittery mini.



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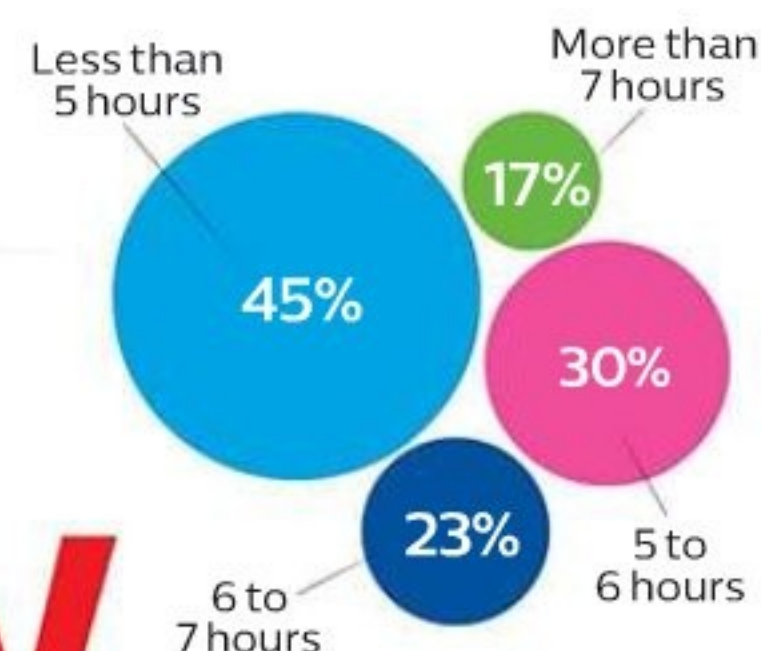


GONNA PUMP YOU UP

Joining a social network in real life—a book club, a sports league, a volunteer group, you name it—can supercharge your confidence. In fact, **the more groups you belong to, the higher your self-esteem**, according to a new study published in *PLOS One*. “Being part of a team provides you with a sense of purpose, meaning, and direction, which makes you feel more secure and therefore more confident,” explains Jolanda Jetten, Ph.D., the study’s lead author. All right, now go find a club that fits your interests on a social site like Meetup.com.

health right now

9 hours



HOW LONG YOU WOULD HAVE TO SOAK YOUR HANDS IN ANTIBACTERIAL SOAP TO KILL MORE GERMS THAN REGULAR SOAP AND WATER DO IN A QUICK HANDWASHING. PLUS, ACTIVE INGREDIENTS LIKE TRICLOSAN MAY CAUSE CONTACT DERMATITIS AND, EVEN SCARIER, ANTIBACTERIAL RESISTANCE. **BOTTOM LINE: SIMPLE SUDS ARE ENOUGH.**

SOURCE: *Journal of Antimicrobial Chemotherapy*



These are happy tears

Bad day? Cry it out—shedding tears is not only cathartic but also apparently trendy. A hotel in Tokyo recently made headlines for offering “crying rooms” stocked with everything you need for a good sob session: luxe tissues, tearjerker movies, and even depuffing eye masks.

There’s actually science behind the concept, says Jon Rottenberg, Ph.D., the director of the Mood and Emotion Lab at the University of South Florida. His research shows that **holding back tears (because you’re in public, say) cheats you out of a therapeutic purge of tension**. So next upset, take all the time and tissues you need to let it go.



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91

Number of bacteria types that could be lurking in your sweaty gym clothes. For toting your duds home postworkout, choose paper instead of plastic: Plastic bags seal in moisture that promotes bacterial growth, while paper bags allow the clothes to breath, cutting down the funky odor. SOURCE: Ghent University



MOTION POTION

Using beets in salads and smoothies gives you the same boost as juicing them.

SIP THIS FOR PEP

Beet juice is making a play to be your go-to sports drink. Thanks to its high concentration of the compound nitrate, it can help you work out longer, according to research in the *American Journal of Physiology*. Nitrate lowers your blood pressure, so your heart doesn't have to labor as hard to pump blood through your body, allowing oxygen to reach your muscles faster, explains study author Charles L. Stebbins, M.D. On days you need to go the distance, Dr. Stebbins suggests drinking 10 ounces of beet juice (the equivalent of five beets) about two hours before exercising.

Add a hood for extra-chilly temps.

Place your monogram on the chest or wear it on your sleeve.

Choose a bright hue for the lining and zipper to give an extra pop of color.

Stretchy fleece panels add range of motion—pick your hue!

Match the customizable zones including the body, the shoulders, the arms and the side down-filled panels, or go wild with any mix of the 25 fun shades and four punchy patterns (camo, please!).

fitness right now



STEAL THIS
MANTRA

“Success is the sum of small efforts.”

Denise Austin, fitness icon and creator of the 360° Plan, via Twitter @DeniseAustin



Customize your coat

WE FOUND IT: a lightweight down puffer that performs in the wintriest conditions—as frigid as minus-five degrees—without going soggy from sleet (water-repellent fabric keeps the fluff inside dry) or overheating. As if the **Eddie Bauer Custom MicroTherm Jacket** (from \$249, eddiebauer.com) isn't already a fit girl's dream piece, you can even trick it out to represent your personal style.

Prop styling by Jill Edwards/Helley Resources. Top right: Randi Berez

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HEAT UP YOUR V-DAY

Oysters not doing it for you? How about this to generate some chemistry: Spritz on perfume, apply a little makeup, pop a candy, take a deep breath, and smile at yourself in a mirror. **Women who did this ritual got a big boost in their desire after just four days, according to the Revlon Love Study.** Hey, whatever works. They even experienced other happy side effects, including more energy and increased self-confidence, so you may want to keep it up long after you've tossed out the flowers.

love right now



HE SAID WHAT?!

Whether you're newly back on the market and need help decoding texts from last night's date, or you just want an objective opinion on a recent marital spat, now there's a high-tech oracle for answers. Ask a question in the women-only **Jyst app** (free, iTunes), such as "Am I justified in being annoyed?" Users will vote yes or no and offer their two cents ("Cut him a break—this time"). More insightful than a Magic 8 Ball and easier to fit in your pocket too.

There are better bonding words



The phrase *thank you* may be more powerful than the proverbial three little words when it comes to closeness. **People who feel more appreciated by their partners have happier relationships**, according to a study at the University of Georgia. "When you feel valued, you're likely to engage in relationship-maintenance activities," researcher Allen Barton says. Thank your sweetie daily, and think of all the ways he or she shows you gratitude, too.

89%

How much more likely a fit woman is to become obese if her husband does first. The good news: Other research shows that if you start hitting the gym in an effort to lose the love chub, it's more than likely your guy will follow.

SOURCE: American Journal of Epidemiology

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achieve any
eye look
you lust
after with
just a few
swipes.
We'll wink
to that.

By KELSEY CASTAÑON



Choose your lash look

LONG →

You'll need a brush with plastic or silicone bristles, like **Revlon Dramatic Definition Mascara** (\$9, drugstores). "The flexible material makes it easy to grab and coat every lash," says Troy Surratt, a celebrity makeup artist in New York City. Hold the wand at the root of your lashes and do one clean sweep toward the tips for an even layer that's not too bulky. Then use the very top of the brush (this deposits the pigment most precisely) to paint a few vertical strokes on the tips for an extra boost. Or consider **Latisse** (about \$120, by prescription), a liquid formula you apply nightly that grows your natural lashes in four months.



Thick ↓

For full, high-impact fringe, start by creating the illusion of a thick lash line. Use your finger to gently lift your top eyelid, then trace your waterline (the inside rim of the eyelid) with a black eyeliner pencil like the **Japonesque Eye Defining Pencil** (\$18, ulta.com). "This is what gives you superdense-looking eyelashes," Surratt says. Now place a volumizing wand like **CoverGirl Plumpify Mascara by BlastPro** (fourth from left on previous page; \$12, drugstores) at the



Dramatic ↑

Like in a classic cat's-eye, lashes that flare at the outer corners of your eye are the most glamorous. "It's all about the technique on this one," Surratt says. "Hold your mascara wand diagonally and pull it through your lashes toward your temples for that wide-eyed sexy look you want." Use **Wet n Wild Max Fanatic Cat Eye Mascara** (\$5, drugstores), which has a fan brush with a tapered end meant to enhance the winged effect. Take the look up a notch with faux lashes, like **Ardell Individuals Flare Medium Black** (\$4, drugstores). Each falsie is a cluster of 10 lashes; pick it up with tweezers, dab it into lash glue, and place it on the outer corner of your lash line. Apply two to three per side, then lock the falsies in place with a swipe of mascara.

base of the lash line and wiggle it back and forth, working your way up to the tips. "This helps fill in the tiny spaces around the roots of your lashes," Surratt says. Be sure to let the mascara dry for 10 seconds between coats to deliver extra volume.



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Let's
Go
Places

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3 burning questions for eyebrow pro Ramy Gafni

Q&A

“Is there a way to tweeze my brows to make my eyes really pop?”

—Brittany, 30, Olathe, Kansas

Yes! You want your brows to be full and long enough that they frame your eyes. That said, when the tail of your eyebrow grows too long, it can make you look sad and tired. And when your brows are overgrown at the arch, your eyelids look droopy. If that's happening to you, tweeze or trim the very end of the brow and remove a few hairs below the brow at the arch. Then swipe a highlighter along the underside of the brow to reflect light. This will make you appear instantly refreshed.

“One of my eyebrows is a rebel. How can I get both to match?”

—Lori, 49, Malibu, California

Each of your brow bones is a built-in guide to its eyebrow's ideal shape. Don't obsess over making your brows completely symmetrical—no one's are. I've seen people shave off half an eyebrow and try to draw it back on to perfectly match the other. That's the worst, most artificial-looking thing you could do. Instead, remove the hairs in no-man's land—anything way above or below the rest of your brow hairs—then follow the curve of your brow bone as you tweeze for a natural-looking result.



OUR GURU'S GO-TOS

THE RIGHT TOOL

Tweezerman Stainless Steel Slant tweezers (\$23, sephora.com). It's the industry standard and still the best.

A QUICK GROOMER

Givenchy Mister Eyebrow Fixing Pencil (\$26, sephora.com). While you're letting your brows grow, swipe this clear pencil through them to hold hairs in place and create the illusion of a smooth brow line.

A TINTED TAMER

Ramy Arch Angel (\$35, ramy.com). This gel goes on white—so you can see where you're putting it—and then changes to a universally flattering neutral shade as you brush it through brows.



“Why do my brows look so fake when I fill them in?”

—Margarita, 47, Green Brook, New Jersey

The two most important things to getting real-looking eyebrows is choosing the correct makeup shade and then blending it in completely. I truly cannot overemphasize what a difference this makes! No matter the formula—powder, pencil, pen, pomade, or gel—you want something that's two shades lighter than the color of your brows, unless they're very blond or white; then you should go one or two shades darker. When in doubt, choose a matte taupe. It's a neutral that looks good on everyone. After you apply the product, pull a spoolie brush, which looks like a clean mascara wand, through your eyebrows in the direction of the hair growth to blend in and remove any excess makeup.

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Balms away!

These super-moisturizing sheers deliver soft, sexy lips with a refreshing hint of tint.

By KATE SANDOVAL BOX

TFreezing temps, wind, indoor heating—right about now your lips need all the hydration they can get. Suddenly, lipstick feels too drying, yet clear balm is a little boring day in, day out. Enter the tinted lip treatment. It's packed with hydrators, healers, and just enough pigment to give lips impact. Wear one alone for a subtle hit of color, or layer it with lipstick when you want to go beautifully bold.

1. SHEER STRAWBERRY
Aerin Rose Lip Balm (\$30, aerin.com).

2. DEWY PEACH
Kristofer Buckle Luminous Tinted Lip Balm in Hug Me (\$40 for three, beautysmostwanted.com).

3. CHERRY BOMB
Bliss Bang! Pow! Balm! Tinted Lip Balm in Get Berried Away (\$20, kohls.com).

4. PLUMPING NEUTRAL
Tata Harper Volumizing Lip & Cheek Tint in Very Popular (\$35, tataharperskincare.com).

5. OIL-INFUSED BLUSH
Guerlain KissKiss RoseLip in Pink Me Up (\$37, saks.com).

6. NEARLY NUDE PENCIL
Juice Beauty Phyto-Pigments Luminous Lip Crayon (\$22, juicebeauty.com).

7. POP OF CORAL
CoverGirl Colorlicious Oh Sugar! in Punch (\$9, drugstores).

8. MATTE BLACK CHERRY
RMS Beauty Lip2Cheek in Diabolique (\$36, rmsbeauty.com).

9. VITAMIN-PACKED MAROON
Nivea A Kiss of Care & Color in Sheer Berry (\$5, drugstores).

10. MOOD-CHANGING PINK
Givenchy Mister Gentlebalm (\$31, sephora.com).

11. GLOSSY ORANGSICLE
Sephora Colorful Gloss Balm in You Fancy (\$10, sephora.com).



Prop styling by Sarah Guido-Lockso/Halley Resources

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Cheryl Kramer Kaye, SHAPE



Lisa Ayala, SHAPE; Michael Brownstein,
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Marketing; Tim O'Connor, SHAPE



Felicia Walker Benson,
ThisThatBeauty and
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Guests Admiring Beauty
Award Winner Displays



Cindy Mata, SHAPE;
Nadine Karp McHugh and
Neahle Jones, L'Oréal USA;
Sabrina Plitt, SHAPE



Now and Zen

Indulge in these calming quickies and you'll be rested and ready to reboot.

By KELSEY CASTAÑON

5
minutes

Revive tired eyes

The beauty-counter equivalents of spa cucumber slices, **Patchology FlashPatch Eye Gels** (\$50 for 30 pairs, neimanmarcus.com) are packed with refreshing caffeine to instantly de-puff your under eyes, while vitamin C and fatty acids illuminate and hydrate.

30
seconds

Calm your senses

This itty-bitty bottle houses a cult-classic cure: **Origins Peace of Mind On-the-Spot Relief** (\$13, origins.com). Massage it into your pulse points (temples, inner wrists, under your nose) to melt away stress in an instant. The mood-lifting elixir is infused with peppermint and rosemary oils, which have stimulating properties that can clear your head and boost your mental awareness. These scents "offer excellent relief for headaches or fatigue," aromatherapist Michelle Ornstein says.



10
minutes

Glow on the go

Simply slip the vitamin C- and licorice-infused **Wei Rice Sprout Express Glow Illuminating Mask** (\$12 for one or \$60 for six, sephora.com) out of its portable container to instantly perk up your complexion.

5
minutes

Baby those feet

Skip the reflexology appointment and slide your toes into **Profoot Flex-Tastic Gel Toe Relaxers** (\$10, amazon.com). These stretchy elastics separate toes, realign feet, and relieve tired, achy soles.

3
minutes

Knead the way

Try a DIY rubdown with the **Earth Therapeutics Spa Body Massager** (\$10, ulta.com) and in just a few minutes its gentle nubs will unlock your tight spots and boost circulation so you're sore no more.

15
minutes

Soak yourself to sleep

With its potent snooze-inducing valerian herb, **Kneipp Sweet Dreams Mineral Bath Salt** (\$20, kneippus.com) is the ultimate relaxation aid. Pour a cupful in your bathwater for some serious soothing.

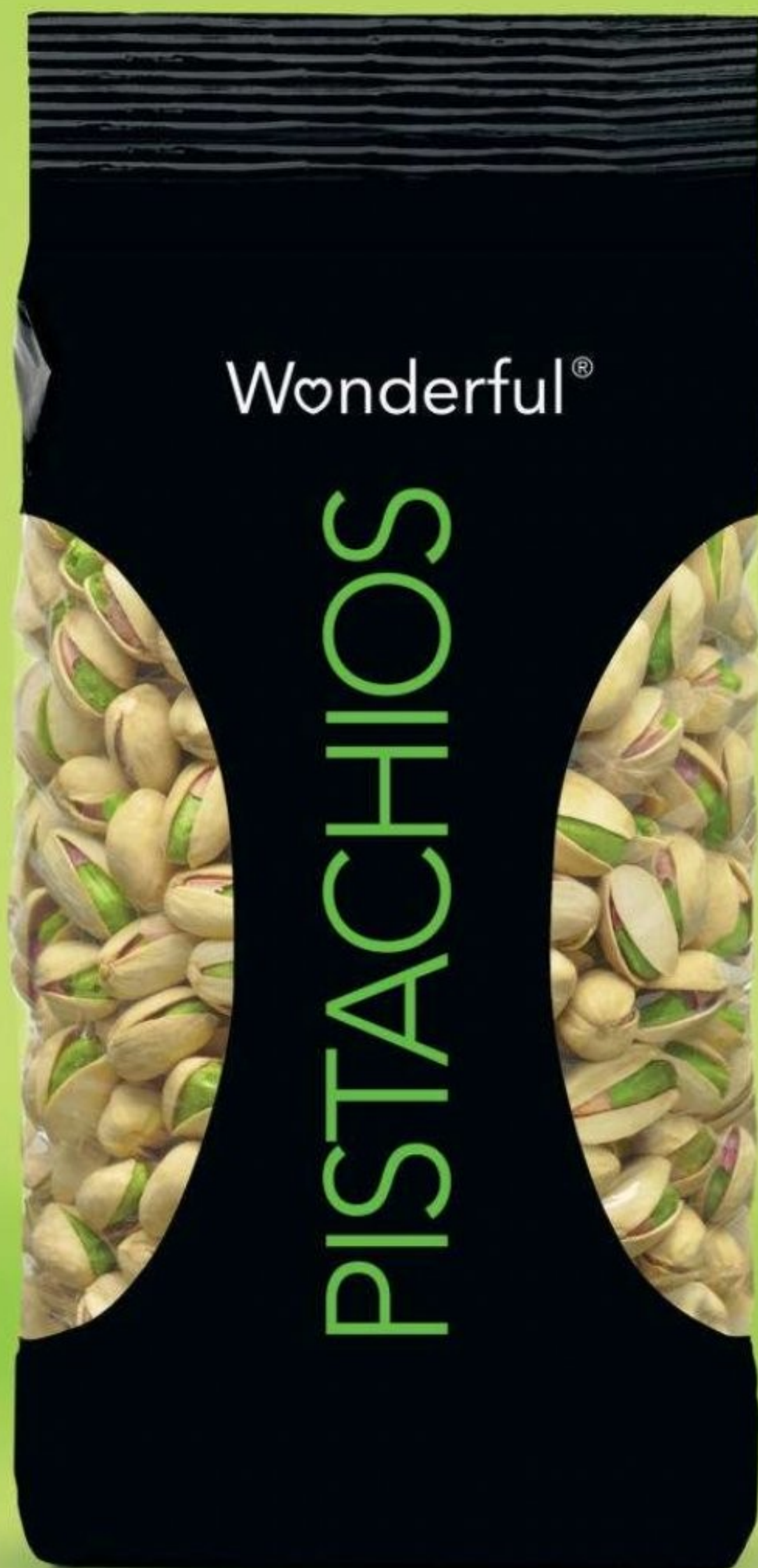
Bath bonus

Magnesium found in bath salts is absorbed through your skin and eases sore muscles.

1
minute

Loosen up

Almost as good as getting on the table—use your hands to work lightweight **Elemis De-Stress Massage Oil** (\$58, nordstrom.com) into your skin. Relaxing essential oils like lavender and chamomile will help you unwind.



**Even our bag has
a trim waistline.**

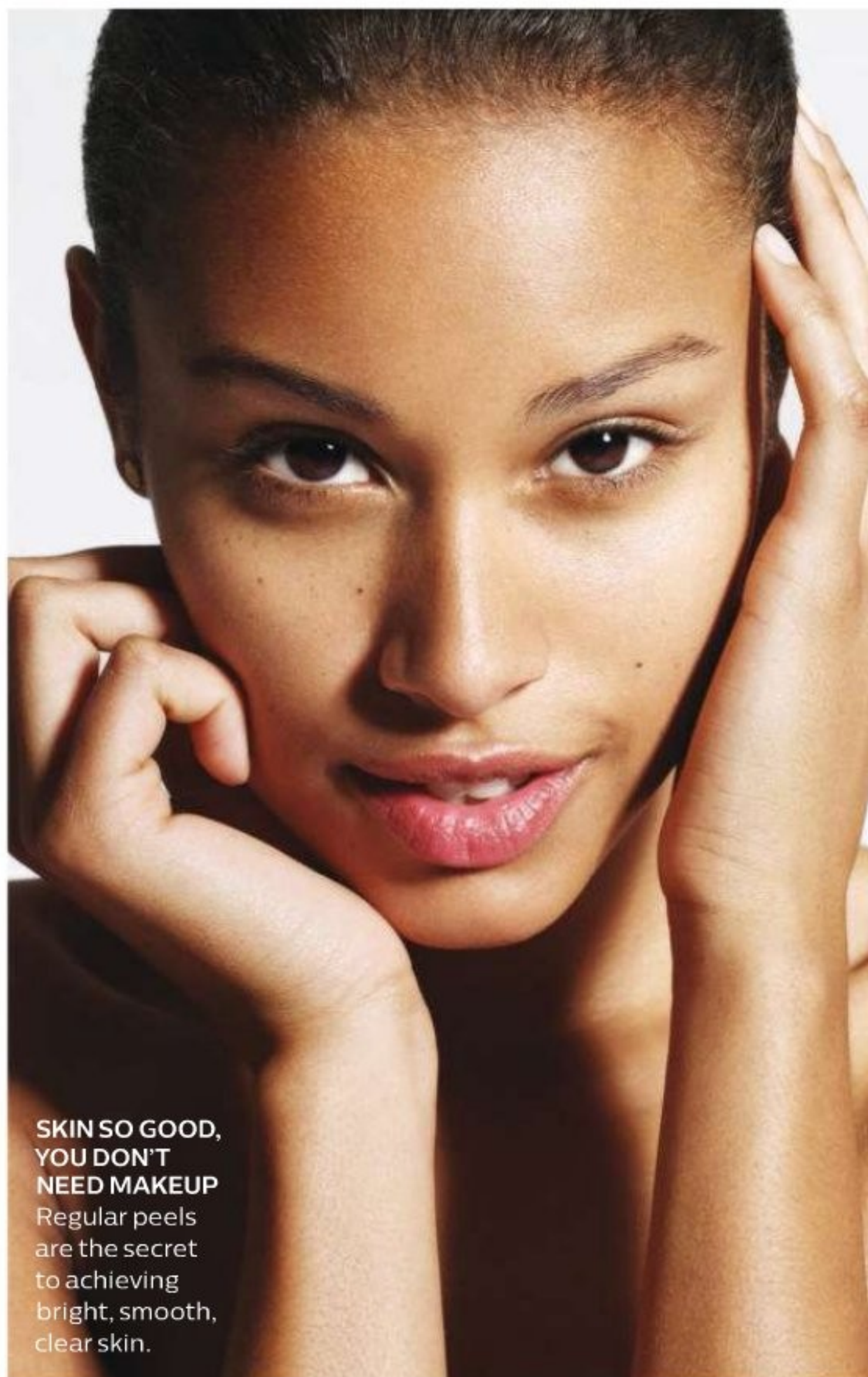


Eating right is a lot easier when you don't have to sacrifice great taste for a healthy snack. A good source of protein and fiber, Wonderful Pistachios satiate your hunger and give you the energy you need to get through your day. Naturally cholesterol and trans fat free, it's the tasty snack that loves you back. **Get Crackin'**

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You probably don't often think about cell turnover, but it's an issue at the top of every dermatologist's mind, because this behind-the-scenes process is what's determining the quality of your skin. Ignore it at the peril of your complexion, experts warn. "The reason skin looks so amazing in your teens is that it doesn't have mounds of dead cells on its surface," says Neal Schultz, M.D., a dermatologist in New York City. "At that age, dead skin cells fall off every 28 days. But by adulthood, some cells hold on for 40, 50, 60 days." Not only does skin look duller from those old cells, but slower cell turnover also triggers less collagen production, which results in a loss of firmness and more wrinkles.

If you're going to add new purpose to your skin-care regimen this year, make it this: Pump up your cell turnover. Your best bet is with the new facial peels. But if even the thought of one makes your face burn, then you'll be thrilled to know that the latest iterations are less irritating and more effective than peels of the past—and don't require a dermatologist visit. (Still, many women head to experts' offices for deeper peels; the procedures have jumped 36 percent in the past two years, according to one survey of dermatologists). The new home treatments are truly impressive. Read on.



**SKIN SO GOOD,
YOU DON'T
NEED MAKEUP**
Regular peels
are the secret
to achieving
bright, smooth,
clear skin.

The best skin treatment you're not doing

It works in minutes and is heralded by pros for its plumping power. Find out why facial peels are in your future.

By KATE SANDOVAL BOX

How a peel reveals

In the few minutes that a peel is on your face, it's ungluing the bonds that connect the dead cells to the surface of your skin so that they can fall away. "When these cells come off, your skin senses that it has lost some of its volume and starts to make new skin cells," Dr. Schultz explains. This also sends a signal to special cells located deep in your skin, called fibroblasts, to begin collagen production and increase the skin's level of hyaluronic acid, which makes skin thicker and less crepey. "This is why, with regular use, peels can reduce fine lines and increase firmness," says Dennis Gross, M.D., a dermatologist in New York City. That regular use is essential. "Getting a monthly peel at the office certainly helps," Dr. Gross says. "But we now know that to see a real change

in your skin, it's ideal to use a milder version every day." Consider: A once-a-month peel kick-starts cell turnover 12 times a year; a daily one increases it to 365 days a year. That's where the new, more refined formulas on the market come in.

A better breed

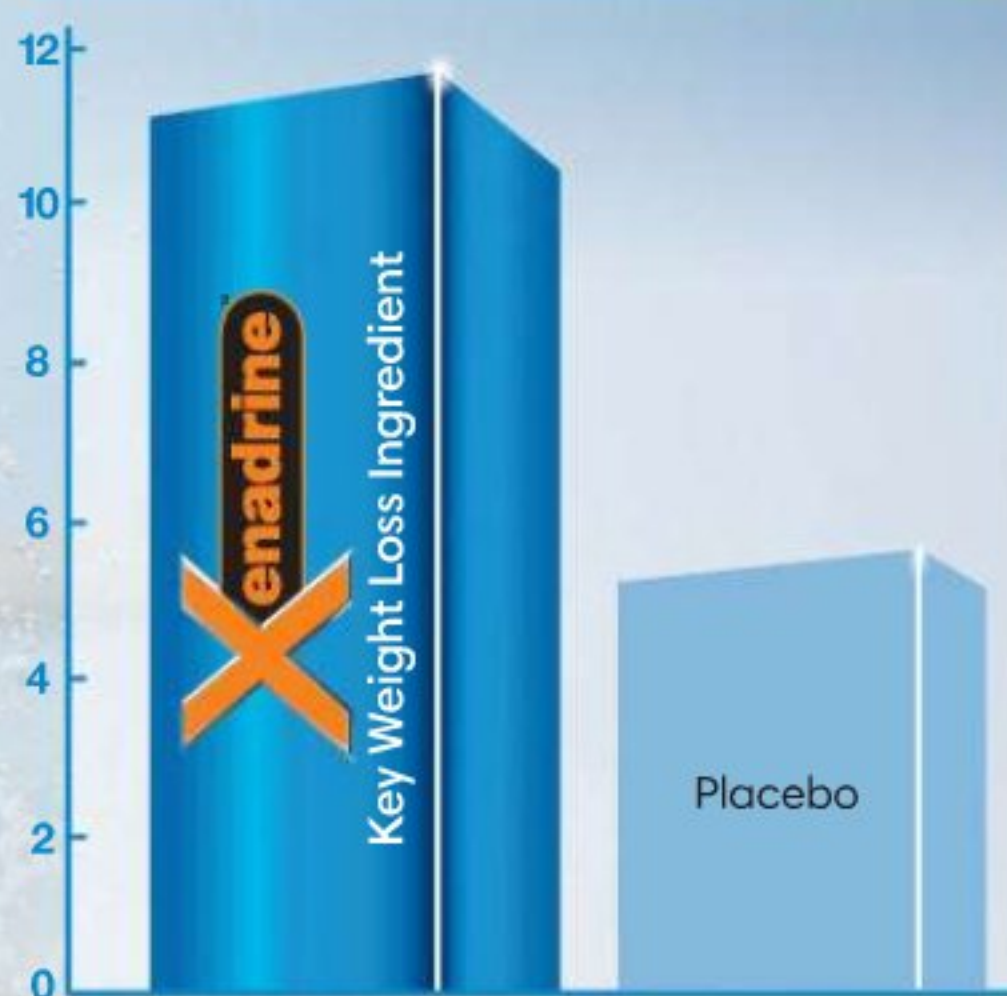
"People tend to hear the word *peel* and picture red, oozing skin," says Jennifer Linder, M.D., a dermatologist in Scottsdale, Arizona, and the chief scientific officer for PCA Skin, which formulates peels for doctors. "Aggressive peels like that

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look great
skin smart

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still exist for in-office procedures; they're called medium or deep peels and specifically target wrinkles." But the trend has shifted to a gentler approach. Like those in a doctor's office, the next-generation at-home peels are packed with a blend of alpha hydroxy acids, only in lower doses (a peel at your dermatologist's might contain 40 percent glycolic acid, whereas an over-the-counter version tends to have less than 15 percent). These acids include lactic (which comes from milk), glycolic (from sugar), citric (from citrus fruit), malic (from apples), and mandelic (from bitter almonds). Peels might also contain salicylic acid, which is a beta hydroxy that is found in willow bark, and retinol, an active form of vitamin A. The magic is in the mix. "If you put one of these ingredients at full strength on your skin, you'll damage it. But in combination and kept at low

concentrations, the blend is strong enough to be effective yet gentle enough that there are no side effects," Dr. Gross explains. The exception is glycolic acid. "If it's formulated correctly, it gives you bright, smooth skin on its own," Dr. Schultz says. "Now that the patent on it has expired, it has become a big go-to."

Your resurfacing strategy

Use an at-home peel every day. If that seems high maintenance, look at it this way: All you do is put the solution on clean skin, then rinse it off after a few minutes (some peels don't even need to be removed). You may need to work your way up to daily use; try the peel every two to three days and increase frequency from there. Apply serum and/or moisturizer. Done. It's truly minimal effort, maximum results. ★

Fresh ways to glow

To keep seeing improvement, ramp up the strength of your glycolic peel over time with the three levels in **Beauty Rx by Dr. Schultz The Progressive Peel** (\$70, beautyrx.com).

Smooth on a thin layer of **Garnier SkinActive Clearly Brighter Overnight Leave-On Peel** (\$17, drugstores) and hit the sack. A gentle dose of glycolic acid will do its work all night long.



Dr. Dennis Gross Skincare Ferulic + Retinol Wrinkle Recovery Peel (\$88, sephora.com) speeds up cell turnover with retinol, considered the antiaging gold standard, and lactic acid.

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Cheryl Kramer Kaye

I need to see a pore shrink

Because I'm obsessed with shrinking my pores! And I have a fun new tool in my arsenal. For years I listened to people rave about their Clarisonic, but I always brushed them off (couldn't resist). I did try one—and a multitude of other face brushes—but ditched it after a week or so when I started to break out. (My 6-year-old boys now use them all to play car wash with their Hot Wheels.) Then recently I met the Clarisonic company cofounder Dr. Robb Akridge, who ever-so-delicately suggested that perhaps I'd been a wee bit aggressive with my brush in the past. Like, just maybe I shouldn't use the firmest bristles on the highest setting with an exfoliating facial scrub multiple times a day. "We know people like to really get in there," he said, "but just let the brush do the work." Dr. Robb explained that the bristles oscillate 300 times per second to wiggle your pores and loosen the gunk inside, while the water on the brush head simultaneously flushes the pores. Dr. Robb handed me his latest gadget, the **Mia Fit**, a compact gym-bag-ready model, with instructions to use it once a day on the lower setting with loads of water and a gentle face wash. It has been tough to resist the temptation to just blast the heck out of my face, but following the doctor's orders, I've reached a whole new level of pore-fection.



Insider's
picks

Apa Blue Lip Shine (\$25, apabeauty.com).
Apa Tooth Gloss (\$28, apabeauty.com).
Clarisonic Mia Fit (\$189, clarisonic.com).

Have I told you about my cute dentist?

The first time I met Dr. Michael Apa, I was at his office for a tooth-whitening treatment. The hygienist had gotten me started, and I was reclining in the chair, eyes closed, mouth open, drool pooling. Feeling a hand on my shoulder, I opened my eyes—then blinked hard: The man in the white coat at my side was so dreamy, at first I thought maybe he was a dream. But he was real! And thank goodness, because Dr. Apa knows how to give women what they want. The good doc has developed a genius line of products that use proven tooth-whitening techniques with a modern twist. You know how blue-based lipsticks make your teeth look whiter? Well, based on that color science, my dentist created **Apa Blue Lip Shine**, a gloss infused with blue crystals to achieve the same effect. You can wear it alone or over lipstick, and it tastes minty because, you know, fresh breath. There's more though. For an instant gleam that makes me look as if I just came from the dentist's chair, I apply **Apa Tooth Gloss** to the surface of my teeth. It's a not-at-all-gross version of the petroleum jelly I smeared on my teeth as a JV cheerleader in—dear lord, was it the '80s? You can insert your own long-in-the-tooth joke here. ★

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look great
sporty style

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Now trending in fit fashion... Black & white!

Black is a tried-and-true slimmer. That we know. All black all the time, though, and you start to feel as if you're forever in mourning. But how do you improve on the universal body-loving staple? Designers have a fresh solution: Add white. The contrasty color combo, which you'll be seeing all over fit fashion this season, offers levity, energy, brightness, and some serious shape defining. In fact, sporting B & W can be more flattering than covering yourself in total darkness. Take the workout wear on this page: White tights with black panels instantly slims legs; black sections on a white-trimmed sports bra boost curves; and bold stripes on anything outline your figure. Another major benefit: There's no guesswork. Both hues are neutral, so you can mix and match with abandon. Slip a quirky digital-print tank under a solid vest, pair a spattered piece with stripes, then finish with a zebra-esque sneaker. When it comes to this opposites-attract trend, any move is the right move. ★



STRIPE RIGHT
Above: **Reebok jacket** (\$80, bandier.com).
Right: **Espalier bra and leggings** (\$98 and \$155, espalier sport.com).

FLATTER WITH COLOR BLOCKING
Above: **Alala sports bra and leggings** (\$65 and \$105, alala style.com). Below: **Alo Yoga sports bra** (\$54, aloyoga.com).



GET GRAPHIC
Above: **We Are Handsome tank** (\$115, weare handsome.com). Below: **New Balance sneakers** (\$80, newbalance.com).



LAYER UP
Above: **Blanc Noir jacket** (\$247, bandier.com).
Right: **Olympia Activewear T-shirt** (\$86, olympia activewear.com).



PLAY WITH PATTERNS

Left: **Monreal shorts** (\$220, monreal london.com). Below: **Fabletics leggings** (\$80, fabletics).





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**ALL-DAY
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**TOTAL
FLEXIBILITY**

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INSOLE**

SKECHERS
GOFLEX
Walk



look great
shape your style

Demi Lovato

She's mastered the matchy outfit, making it sexy, cool, and crazy flattering. Take fashion notes.



PUT SOME SKIN IN THE GAME

An eyeful here and there lets the span of pink frame those awesome curves.



ADD SHOES TO YOUR EQUATION

Killer black-and-white heels keep the color scheme going, elongating Demi's whole diva body.



HIT PRINT

Even the busiest pattern can be figure-friendly. The secret is that sliver of abs and nice slice of leg.

Dermatologist
Recommended
for Scars and
Stretch Marks.

GfK, 2014



"I am always fighting with my weight, and as a result have large stretch marks which can be embarrassing. I was watching TV and the advertisement came on for Bio-Oil. So I tried it and it made my skin feel great. I used it for the next couple of months and slowly my stretch marks started to look a lot better. It's made me a lot happier. Since I've been using it I have told everyone in my family, the people I work with and my friends. I have been using it religiously since it makes my skin feel great. It's good to know that there is actually something out there that does what it advertises." Casey Gray

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get fit

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for more
online.



Rock your winter workouts

These expert how-tos, plus high-tech heat gear, will help you cruise through the chilliest conditions.

By GINA DEMILLO WAGNER



7 smart
stay-warm
tricks

You could retreat to the climate control of your gym this winter, but if you brave the same workouts outdoors, science says that you'll end up with a better body. For starters, you'll boost your metabolism the minute you step outside: When you exercise in temperatures below 64 degrees, you increase the amount of calories you burn, according to a study at Maastricht University in the Netherlands. That's

because chilly temps trigger something called nonshivering thermogenesis. This means that your body isn't so cold that it's shivering, but behind the scenes, it's stoking the metabolism fire to keep you warm.

You'll also torch more fat. Several studies point to the affect of cold on brown adipose tissue (brown fat), whose main job is to keep you warm. Expose your body to cold, and you'll activate

brown fat, which changes unhealthy white fat that collects around your belly, butt, and hips into beige fat, allowing it to burn calories for heat.

Researchers at Northern Arizona University also discovered in an animal study that training in cold weather for a few months increases your VO_2 max (a measure of how fit you are) and running speed. "For most exercise situations, cold is safer and

more accommodating than the summer's heat," explains Bill Brewer, the director of exercise science at the Rochester Institute of Technology in New York. "And it lets people work harder and longer."

Best of all, you can get these benefits without feeling as if you're a snowman throughout your session. Here's how to keep comfortable so you can focus on getting a killer workout. →

get fit cold-weather tips

SCAN TO GET THE LOOK!
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Factor in the wind and the wet

Did a quick temperature check before heading out? Now double-check the forecast for the windchill and the chance of rain. Forty degrees may not sound so cold, but when you add wind and moisture, it can be frigid—and require either more layers or a shorter jaunt. According to the National Weather Service, frostbite can even develop when skin is exposed to 40-degree temperatures if there are 20-mile-per-hour winds for 30 minutes. See “When Is It Too Cold to Exercise Safely?” (right) for how to decode your forecast.

Layer up

You may be tempted to throw on your heaviest fleece for that outdoor run, but it's better to wear several thin layers, says Cedric X. Bryant, Ph.D., the chief science officer for the American Council on Exercise. “You'll trap and warm the air between each layer for an insulating effect,” he says. The outer layer should

repel wind and precipitation, while the inner layers should provide warmth. For inner layers, stick with sweat-wicking fabrics like polyester and wool instead of cotton, which soaks up moisture. “Your body loses heat four times faster when exposed to water,” Bryant says; this can rapidly lead to hypothermia. (We've got the perfect head-to-toe picks for layering right, on [page 66](#).) As you warm up, you can fine-tune your comfort level by peeling off layers.

Pregame with spice

Eating cayenne pepper an hour before a workout can help you feel warm and boost your burn. “The capsaicin in the chile peppers increases your internal temperature slightly, which will raise the rate at which you burn calories and warm your body slightly,” says Charles Pelitera, an assistant professor of kinesiology and the coordinator of health and wellness at Canisius College in Buffalo. Just sprinkle cayenne on your eggs or avocado toast at breakfast.

WHEN IS IT TOO COLD TO EXERCISE SAFELY?

With proper gear and adjustments, you can work out in subfreezing temps. The danger of frostbite and hypothermia is highest when the temperature is below 10 degrees and the wind is above five miles per hour. (Check the National Weather Service's windchill chart at nws.noaa.gov to see your chance of frostbite.) Early signs of hypothermia are weakness, shivering, slurred speech, dizziness, and confusion, notes Cedric X. Bryant of the American Council on Exercise. If you have any of those, get to a warm area for first aid fast.

Put a lid on it

“Old research cited that heat loss through the head amounted to almost half of your body heat,” Pelitera says. “Although recent studies peg it at only about 10 percent, the reality is that any area of the body that is exposed is going to lose heat at a greater rate, so be sure to cover up.” A hat, a scarf, a neck gaiter, and gloves can make a big difference.

Bring a hot-water bottle ...

Consider filling your water bottle with H₂O that's about hot-coffee temperature. “Holding the bottle can keep your hands warm, and consuming the heated water helps maintain your internal temperature,” Brewer says. This also makes your bottle less likely to freeze on the coldest days.

... But don't overheat

Many avid runners like to use hand-warming packets or stick-on heating pads, which warm you instantly, during winter workouts. But experts caution: Don't put artificial warmers in places where air doesn't circulate, like your shoes. “They will cause your feet to sweat prematurely, and because the sweat is not able to evaporate, it will cool your feet and actually make them colder,” Pelitera warns.

Strip quick

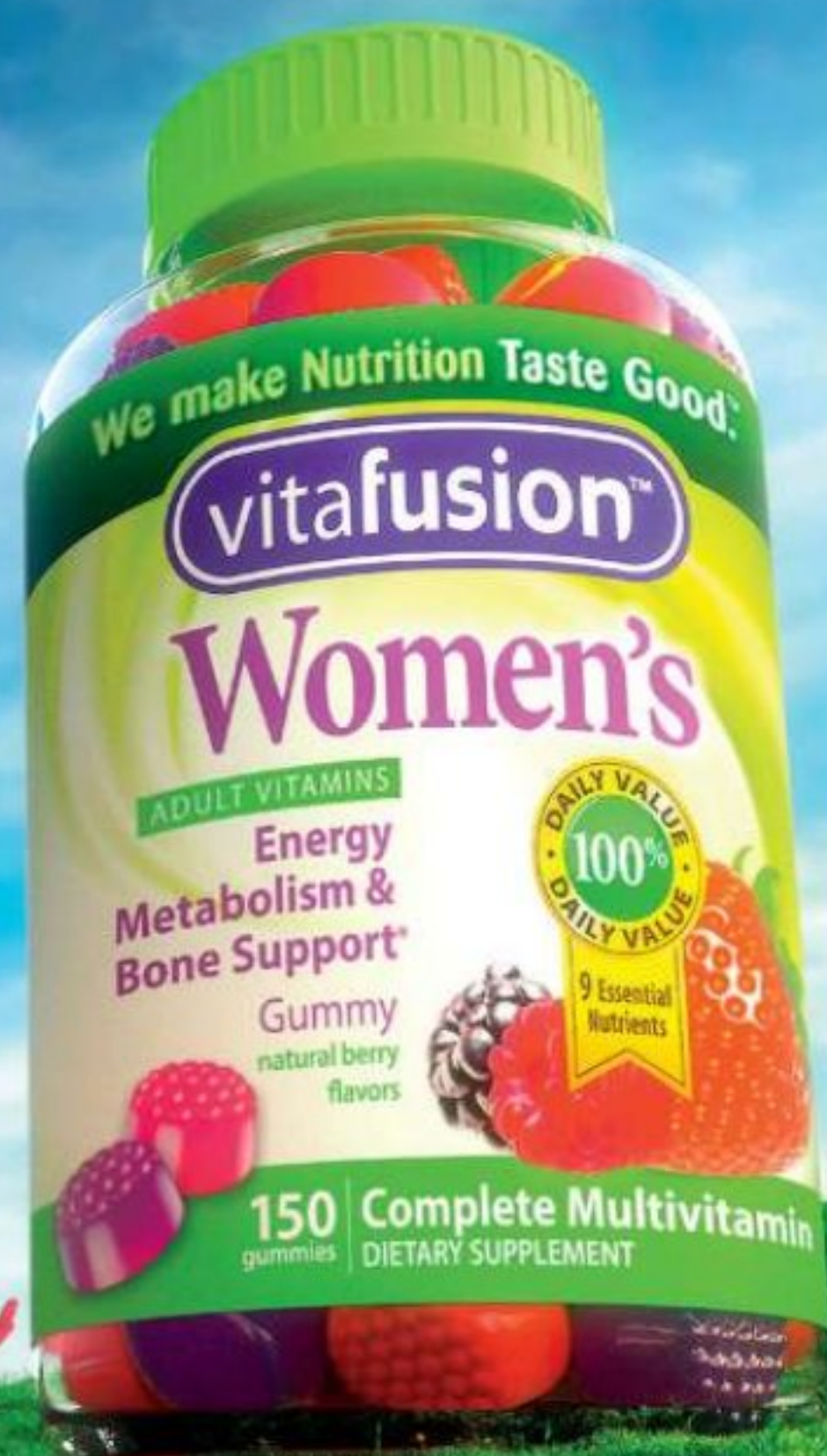
Postworkout, remove your sweaty clothes as quickly as possible. “Strip down completely and change your clothes, including your undergarments,” Pelitera says. “Sweat underneath your workout clothes will cause you to become cold at a much quicker rate.” →

INSTANT TRACTION

Turn any pair of sneakers into winter runners by sliding the no-slip **Yaktrax Run** over them. Spikes and steel coils grip the ice, so you don't have to worry about anything but moving. (\$40, yaktrax.com)



essential vitamins
& natural fruit flavors
together in harmony



#1 Gummy Vitamin Brand[†]

A new day is dawning for women's nutrition. Vitafusion Women's gummy multivitamins are a fusion of natural fruit flavors, high-potency B vitamins and other key nutrients to support:

- Fat, Carb, Protein Metabolism*
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- Cellular Energy*



[†]Data on File

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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We make Nutrition Taste Good.™

[‡]After online rebate, valued at up to \$15.00, not including tax. Visit vitafusion.com for details.

get fit cold-weather tips

1 COZY CAP

The **Pearl Izumi Thermal Run Hat** is lined with a brushed fabric that holds more warm air against your head. (\$25, pearlizumi.com)



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2 OVEN MITTS

Tiny silver dots inside the sweat-wicking **Columbia Trail Summit Running Gloves** reflect heat from your hands back to your skin, and touch screen-friendly fingertips let you drive your playlist. (\$40, columbia.com)

Hot
stuff
Suit up
in the
latest
cold-
weather
gear and
show
winter
you're
boss.

By SARA ANGLE

4

3 SMART THREADS

It may seem flyweight, but the **Nike AeroReact Pullover** is made of special fibers that close to trap warm air and open when you sweat, drying you off. (\$110, nike.com)

4 A TOUGHER PUFFER

The insulation in the **New Balance NB Heat Hybrid Vest** was originally designed for the U.S. Army Special Forces. It breathes, so you don't overheat. (\$125, newbalance.com)

5 DO-ALL TOP LAYER

Sealed seams on the **Brooks Seattle Shell** block snow, rain, and whipping winds, and zippered underarm vents allow you to air out. The elasticized hood stays put as you run and packs into the collar when you're done. (\$260, brooksrunning.com)



9



6



7



8

6 ALL-TERRAIN SHOES

Special rubber soles give **Icebug Zeal RB9X sneakers** serious grip on icy roads, while cleats help you tackle messy, muddy surfaces. (\$170, icebug.com/us for dealers)

7 WINTER RACERS

Waterproof **Icebug Aurora BUGrip sneakers** were made for fast runs: Built-in steel studs adapt to the condition of the ground to give you greater traction. (\$183, icebug.com/us for dealers)

8 PUDDLE STOMPERS

Grab waterproof **Saucony Xodus 6.0 GTX trail runners** to forge through slushy, muddy terrain. A plastic outsole protects your forefoot, and rubber lugs keep you steady. (\$140, saucony.com)

9 FUZZY LEGGINGS

Adidas by Stella McCartney Running Tights are woven with hollow-fiber yarn that fills with warm air and holds it in—plus it feels fleece-like against skin. (\$130, adidas.com)

Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. A one-ounce handful has 13g of unsaturated fat and only 1g of saturated fat.

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There's a passion for life in the crunch of almonds.

Get 6g of protein, 4g of fiber and essential nutrients in every heart-healthy handful to really bring it all day, every day.

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Per one-ounce serving.

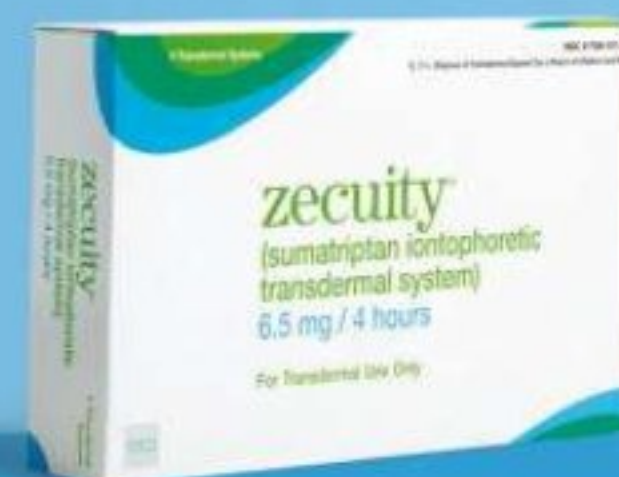
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almonds®**
CRUNCH ON





When the storm of Strike



ZECUITY delivers medicine over a 4-hour period **through the skin** and into the bloodstream



In a clinical study, at **2 hours** following application, significantly more patients using ZECUITY vs a non-medicated patch reported, respectively

- No headache pain **(18% vs 9%)**
- No nausea **(84% vs 63%)**
- No sensitivity to sound **(55% vs 39%)**
- No sensitivity to light **(51% vs 36%)**
- Headache pain relief **(53% vs 29%)**



Our **Migraine Support SolutionsSM** program provides assistance with ZECUITY and a special offer that could save you money on your prescriptions

ZECUITY is a prescription medicine used for the acute treatment of migraine headaches with or without aura in adults. ZECUITY comes in an iontophoretic transdermal system (TDS) to deliver the medicine sumatriptan through your skin.

ZECUITY is used for people who have been told by a healthcare provider that they have migraine headaches. ZECUITY is not used to prevent or decrease the number of migraine headaches you have.

IMPORTANT SAFETY INFORMATION

ZECUITY can cause serious side effects, including heart attack and other heart problems, which may lead to death. Stop using ZECUITY and get emergency medical help right away if you have symptoms of a heart attack. ZECUITY is not for people with risk factors for heart disease unless a heart exam is done and shows no problem. Do not use ZECUITY if you have:

- heart problems or a history of heart problems; had a stroke, transient ischemic attacks (TIAs), or problems with your blood circulation; narrowing of blood vessels to your legs, arms, stomach, or kidney

TEVA

CNS

migraine hits Back

with
ZECUITY[®]
(sumatriptan iontophoretic
transdermal system)

The **first** and only **patch** system
designed to provide **relief from migraine**



- uncontrolled high blood pressure
- hemiplegic migraines or basilar migraines; taken any triptan, ergot, or ergot-type medicines in the last 24 hours. Ask your doctor if you are not sure.
- severe liver problems; or an allergy to sumatriptan, the medicine in ZECUITY, or any of the components in ZECUITY.

ZECUITY may cause other serious side effects including:

- injury during a Magnetic Resonance Imaging (MRI). ZECUITY contains metal parts and must be removed before an MRI.
- allergic contact dermatitis—a serious skin reaction where ZECUITY is applied.
- changes in color or sensation in your fingers and toes
- stomach and intestinal problems
- problems with blood circulation to your legs and feet
- medication overuse headaches
- serotonin syndrome—a rare but serious problem that can happen in people using ZECUITY, especially when used with anti-depressant medicines called SSRIs or SNRIs.
- increases in blood pressure

- serious allergic reactions. Get medical help right away if you have any of these symptoms: swelling of your face, lips, mouth, or tongue; trouble breathing; wheezing; severe itching; skin rash, redness, or swelling; dizziness or fainting; fast heartbeat or pounding in your chest; or sweating.
- seizures.

The most common side effects of ZECUITY include pain, tingling, itching, warmth, discomfort or a change in the skin color at the application site of ZECUITY.

Ask your doctor if ZECUITY may be right for you. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the Important Information for ZECUITY on the next page.

Ask your doctor or
visit **zecuity.com**
for more
information.


zecuity[®]
(sumatriptan iontophoretic
transdermal system)
6.5 mg / 4 hours

IMPORTANT INFORMATION FOR

ZECUITY® (zeh-CUE-eh-tee) **(sumatriptan iontophoretic transdermal system)** **for topical use**

Read the Patient Information and Instructions for Use that come with ZECUITY before you start using it and each time you get a refill. There may be new information. This summary does not take the place of talking with your healthcare provider about your medical condition or your treatment.

What is the most important information I should know about ZECUITY?

ZECUITY can cause serious side effects, including:

Heart attack and other heart problems. Heart problems may lead to death.

Stop using ZECUITY and get emergency medical help right away if you have any of the following symptoms of a heart attack:

- discomfort in the center of your chest that lasts for more than a few minutes, or that goes away and comes back
- chest pain or chest discomfort that feels like an uncomfortable heavy pressure, squeezing, fullness, or pain
- pain or discomfort in your arms, back, neck, jaw, or stomach
- shortness of breath with or without chest discomfort
- breaking out in a cold sweat
- nausea or vomiting
- feeling lightheaded

ZECUITY is not for people with risk factors for heart disease unless a heart exam is done and shows no problem. You have a higher risk for heart disease if you:

- have high blood pressure
- have high cholesterol levels
- smoke
- are overweight
- have diabetes
- have a family history of heart disease
- are a female who has gone through menopause
- are a male over age 40

What is ZECUITY?

ZECUITY is a prescription medicine used for the acute treatment of migraine headaches with or without aura in adults. ZECUITY comes in an iontophoretic transdermal system (TDS) that uses a mild electrical current to deliver the medicine sumatriptan through your skin.

ZECUITY is used for people who have been told by a healthcare provider that they have migraine headaches.

ZECUITY is not used to prevent or decrease the number of migraine headaches you have.

It is not known if ZECUITY is safe and effective in children under 18 years of age.

Who should not use ZECUITY?

Do not use ZECUITY if you have:

- heart problems or a history of heart problems
- had a stroke, transient ischemic attacks (TIAs), or problems with your blood circulation
- narrowing of blood vessels to your legs, arms, stomach, or kidney (peripheral vascular disease)
- uncontrolled high blood pressure
- hemiplegic migraines or basilar migraines. If you are not sure if you have these types of migraines, ask your healthcare provider
- taken any of the following medicines in the last 24 hours:
 - almotriptan (AXERT®)
 - eletriptan (RELPAK®)
 - frovatriptan (FROVA®)
 - naratriptan (AMERGE®)
 - rizatriptan (MAXALT®, MAXALT-MLT®)
 - sumatriptan and naproxen (Treximet®)
 - ergotamines (CAFERGOT®, ERGOMAR®, MIGERGOT®)
 - dihydroergotamine (D.H.E. 45®, MIGRANAL®)

Ask your healthcare provider if you are not sure if your medicine is listed above.

- severe liver problems
- an allergy to sumatriptan, the medicine in ZECUITY, or any of the components in ZECUITY TDS.

What should I tell my healthcare provider before using ZECUITY?

Before you use ZECUITY, tell your healthcare provider about all of your medical conditions, including if you:

- have high blood pressure
- have high cholesterol
- have diabetes
- smoke
- are overweight
- are a female who has gone through menopause
- have heart problems or family history of heart problems or stroke
- have liver problems
- have had epilepsy or seizures
- are not using effective birth control
- have or have had any side effects caused by the use of electrical devices. Talk to your healthcare provider if you are not sure
- are pregnant or plan to become pregnant
- are breastfeeding or plan to breastfeed

Tell your healthcare provider about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements.

Using ZECUITY with certain other medicines can affect each other, causing serious side effects.

Especially tell your healthcare provider if you take anti-depressant medicines called:

- selective serotonin reuptake inhibitors (SSRIs)
- serotonin norepinephrine reuptake inhibitors (SNRIs)
- tricyclic antidepressants (TCAs)
- monoamine oxidase inhibitors (MAOIs)

Ask your healthcare provider or pharmacist for a list of these medicines if you are not sure. Know the medicines you take. Keep a list of them to show your healthcare provider or pharmacist when you get a new medicine.

What should I avoid while using ZECUITY?

- Do not bathe, shower, or swim while wearing ZECUITY.
- ZECUITY can cause dizziness, weakness, or drowsiness. If you have these symptoms, do not drive a car, use machinery, or do anything where you need to be alert.
- You should remove ZECUITY before you have a Magnetic Resonance Imaging (MRI) procedure.

What are the possible side effects of ZECUITY?

See “What is the most important information I should know about ZECUITY?”

ZECUITY may cause serious side effects including:

- **injury during a Magnetic Resonance Imaging (MRI).** The ZECUITY TDS contains metal parts and must be removed before an MRI.
- **allergic contact dermatitis (ACD).** Some people have had a serious skin reaction called allergic contact dermatitis (ACD) where ZECUITY is applied. Symptoms of ACD include:
 - itching, redness, or irritation of skin
 - warmth or tenderness of skin
 - blistering or peeling of your skin
 - blisters that ooze, drain, or crust overYou should stop using ZECUITY and call your healthcare provider if you have any of the symptoms of ACD. If you have or have had ACD while using ZECUITY and need to take sumatriptan by mouth or injection, your first dose of sumatriptan should be given in your healthcare provider's office or in another medical setting.
- **changes in color or sensation in your fingers and toes (Raynaud's syndrome)**
- **stomach and intestinal problems (gastrointestinal and colonic ischemic events).** Symptoms of gastrointestinal and colonic ischemic events include:
 - sudden or severe stomach pain
 - constipation or diarrhea
 - stomach pain after meals
 - bloody diarrhea
 - weight loss
 - fever
 - nausea or vomiting
- **problems with blood circulation to your legs and feet (peripheral vascular ischemia).** Symptoms of peripheral vascular ischemia include:
 - cramping and pain in your legs or hips
 - numbness, tingling, or weakness in your legs
 - feeling of heaviness or tightness in your leg muscles
 - cold feeling or color changes in 1 or both legs or feet
 - burning or aching pain in your feet or toes while resting
- **medication overuse headaches.** Some people who use too many ZECUITY may have worse headaches (medication overuse headache). If your headaches get worse, your healthcare provider may decide to stop your treatment with sumatriptan.
- **serotonin syndrome.** Serotonin syndrome is a rare but serious problem that can happen in people using ZECUITY, especially if ZECUITY is used with anti-depressant medicines called SSRIs or SNRIs. Ask your healthcare provider or pharmacist for a list of these medicines if you are not sure. Call your healthcare provider right away if you have any of the following symptoms of serotonin syndrome:
 - mental changes such as seeing things that are not there (hallucinations), agitation, or coma
 - changes in blood pressure
 - high body temperature
 - tight muscles
 - trouble walking
 - fast heartbeat
 - nausea, vomiting, or diarrhea
- **increases in blood pressure.** You should not use ZECUITY if you have uncontrolled high blood pressure.
- **serious allergic reactions.** Get medical help right away if you have any of these symptoms of a serious allergic reaction:
 - swelling of your face, lips, mouth, or tongue
 - skin rash, redness, or swelling
 - trouble breathing
 - dizziness or fainting
 - wheezing
 - fast heartbeat or pounding in your chest (tachycardia)
 - severe itching
 - sweating
- **seizures.** Seizures have happened in people taking sumatriptan who have never had seizures before. Talk with your healthcare provider about your chance of having seizures while you take ZECUITY.

The most common side effects of ZECUITY include pain, tingling, itching, warmth, discomfort or a change in the skin color at the application site of ZECUITY.

Most people have some skin redness after removal of ZECUITY. This redness will usually go away in 24 hours.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of ZECUITY. For more information, ask your healthcare provider or pharmacist.

Call your healthcare provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

ZECUITY® is a registered trademark of NuPathe Inc. The other brands listed are trademarks of their respective owners and are not trademarks of NuPathe.

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ZEC-40062 September 2014



Hot abs in minutes

Sculpt them sleek and sexy with these six easy tricks.

By JACLYN EMERICK

It takes only a few key exercises and a handful of minutes a week to shape and maintain a solid core, says Jennifer Williams, a former professional ballet dancer and a Pilates instructor who's the abs maestro behind this cinch-in-a-blink workout.

Williams borrowed the best of ballet and Pilates to turn her supereffective technique into the Pop Physique studio chain. Thanks to her traditional background, Pop Physique's barre routines are rooted in the classics (as in the familiar pliés and pulses), but each workout has a sexy edge to it (you'll bend and twist in new ways). "It's modern and fun," she says. It's also just the creative approach your tummy needs to stay sleek. The classes are typically an hour long and will work you head to toe, but for this session, Williams has picked six hyperfocused moves that work magic on your abs.

The trick to maximizing each move's firming power, Williams says, is to focus on two very important things throughout every single rep: posture and breath. When it comes to your posture, lift up with your abs and back muscles. "And always pull your tummy in," she explains. "Never push it out." As you exhale, draw your belly button toward your spine.

On top of saving your abs, this workout will also lift and round your butt and tighten your thighs, Williams says. You'll use a small, soft ball for four of the six moves. (We used the **Pop Physique Pop Ball**, \$25, popphysique.com, but you can sub any small, pliable ball or even





FIT FASHION

Lululemon top and leggings (\$52 and \$98, lululemon.com). Below: Vimmia bra (\$98, bandier.com). Lululemon leggings (\$88, lululemon.com).

a rolled-up towel.) By holding it between your thighs or behind your knee, you have to squeeze your legs to keep it in place, which activates muscles that would otherwise be sleeping through certain moves, Williams explains. You can think of it as extra-credit toning for each exercise.

Meanwhile, the ball can also make the moves easier: "Use it to prop yourself up if you need lower-back support for the floor work," she says. (Having trouble sitting tall for a set of Slow Punches? Place the ball behind your lower back rather than between your thighs.)

After just one workout, your abs and booty will really feel it. In a week, you'll be walking taller and with a little more confidence. Keep it up and everything will fit—and zip—better.

Your workout

Do each move in order for the reps indicated. Repeat the circuit two to three times. You can do this routine three days a week on alternate days.

You'll need

A small, slightly squishy ball, like Pop Physique's, and a mat if necessary.

TIP

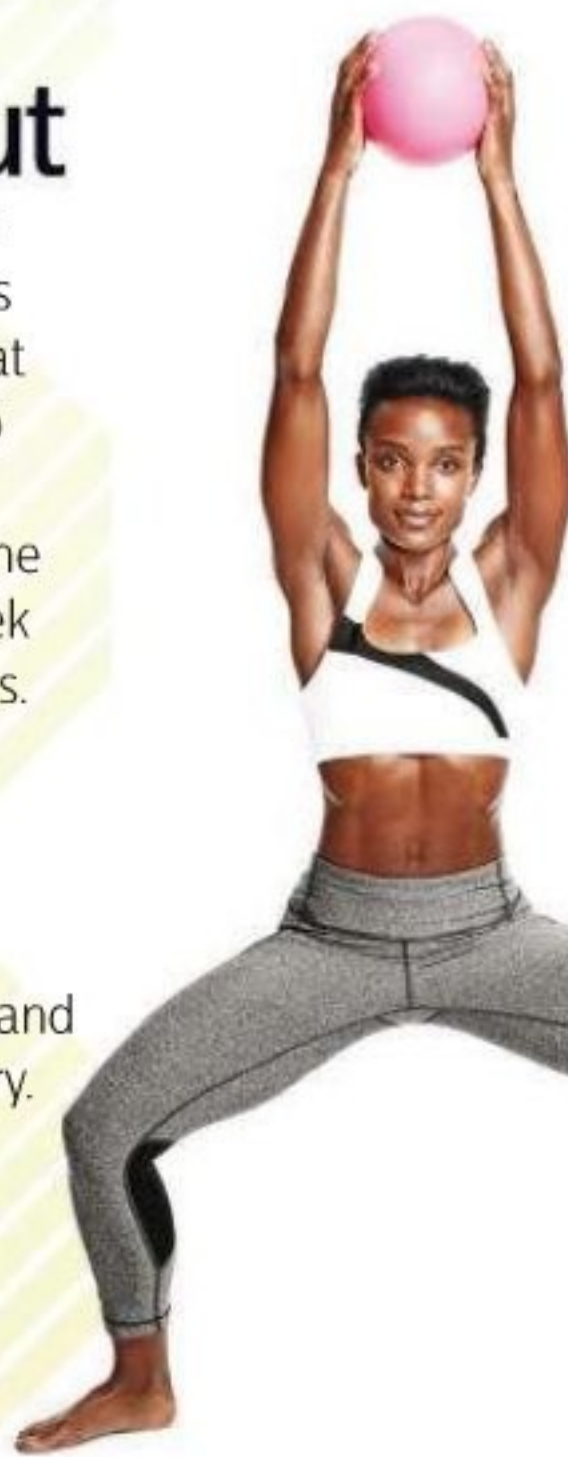
To get a little more out of this move, squeeze the ball to activate your shoulders and biceps.

A/B ↓

1 Plié BEND

WORKS ABS, OBLIQUES, BUTT, INNER THIGHS, CALVES

Hold ball and stand with feet wide and toes turned out 45 degrees. Raise ball overhead, squat, and lift left heel to start [A]. Keep arms straight and bend torso toward left, reaching ball over knee [B]. Slowly pulse ball up 2 inches and down 2 inches. That's 1 rep. Do 10 reps. Switch sides; repeat.



Hair by Casey Geren/ABT P.com for Orbe; makeup by Brian Duprey/Judy Casey, Inc., for Nars



A/B ↑

2 EXTENDED LIFT

WORKS ABS, BUTT, INNER THIGHS

Hold ball, and stand with heels together and toes turned out 45 degrees. Extend arms forward at chest height, and raise left leg to hip height. Bend knee slightly, point toes, and rotate leg inward to start [A]. Straighten left leg, then pulse leg up to touch ball [B] and lower to start position. That's 1 rep. Do 8 reps. Switch sides; repeat.



3 OBLIQUE TILT

WORKS OBLIQUES, BUTT, HAMSTRINGS

Hold ball, and stand with heels together and toes turned out 45 degrees. Bend right knee, drawing foot toward butt, and place ball behind right knee (squeeze ball tightly); point toes, and bring fingertips behind head with elbows bent out to side to start. Rotate torso toward right as you raise right knee out to side, drawing elbow toward knee [shown]. Slowly pulse knee up 2 inches and down 2 inches. That's 1 rep. Do 10 reps. Switch sides; repeat.

A/B ↓

4 PLANK DIAGONAL

WORKS SHOULDERS, CHEST, ABS, BUTT, INNER THIGHS

Start on floor in plank on palms with feet together. Draw right knee toward chest [A], then extend leg back and out 45 degrees [B]. That's 1 rep. Without lowering foot, repeat. Do 4 reps. Switch sides; repeat.



get fit do-anywhere workout



5 SLOW PUNCHES

WORKS ABS, OBLIQUES

Sit on floor with knees bent and ball pressed between thighs, holding backs of thighs with elbows bent out to sides. Round lower back, tuck pelvis, and squeeze glutes and inner thighs to start. Slowly extend left arm forward, rotating fist palm down at eye level [shown]. Switch sides; repeat. That's 1 rep. Do 10 reps.

"Start each move slowly, then increase your pace. It will amp up the intensity and calorie burning," Williams says.



6 SCISSORS KICK

WORKS ABS, BUTT, INNER THIGHS

Lie faceup on floor with legs extended over hips and arms by sides with palms down. Turn legs in and cross right leg over left to start. Then switch legs. Slowly lower legs to 45 degrees, continuing to scissor them [shown]. Scissor legs back to start position. That's 1 rep. Do 4 reps.

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Combine ingredients in a blender and blend until smooth.



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Learn how to...

Pay less for your gym membership

That woman next to you in your group strength class? She's probably paying slightly different monthly gym dues than you. So if you haven't tried to talk your way into a better membership deal, you should. I spoke with Jeanette Pavini, a consumer reporter and savings expert, and Pamela Kufahl, the director of content for ClubIndustry.com, a website that focuses on the health club business, and both say there's typically some wiggle room when it comes to membership prices at most gyms (but not at boutique studios—they're a different story). Here are their top tips to help you through the sign-up process, so you can get on to tightening your abs and butt without spending an arm and a leg.

Eyeball the competition

Find out what comparable clubs (that is, equally swank or equally budget) in your area charge and what services they include, Kufahl suggests. "Also, learn what promotions they've offered in the past so you can get an idea of how low they're capable of going," Pavini says. You can dig this up by reading past posts on their social media accounts or blogs.



Forget the sign-up fee

When you're meeting with the membership rep, ask if he or she can drop the joining fee. Most clubs have these, and they can be as pricey as \$1,000 for high-end facilities. (The fees go toward things like paying the salesperson's commission, defraying the cost of setting up your account in the billing system, and discouraging people from coming in and joining for just one month, Kufahl says.) Sometimes, clubs will waive the initiation, especially during holidays. If that's the case, ask the manager to give you a call when that's happening, and wait until then to sign on, Pavini says.

Tackle those monthly dues

Next, explore your options for getting the monthly cost down a little. If your schedule allows for it, ask if you're eligible for a reduced monthly fee if you restrict your membership to coming solely on days or during times when the gym is least crowded, Kufahl says. Check if the club will offer a lower monthly price if you sign up with your spouse or roommate. You could also be eligible for lower dues if you're a student or part of a company that has worked out a corporate deal. Another option is to wait until business is slow, when salespeople may be willing to lower dues in an attempt to boost traffic. Try this in March, at the beginning of daylight saving time, when it starts to stay light enough for people to get their fitness fix outside after work, Pavini suggests, or during the summer months, when it's prime vacation time, Kufahl says.

Know the traps

Gym memberships are like apartment leases: The costs can go up every year. "If you have worked out a negotiated rate, know its duration," Kufahl says. Some memberships renew automatically, so if you plan to belong for just one year, make sure you cancel it in time, Kufahl says. ★



"HOW BAD IS IT TO DRINK AFTER EXERCISING?"

—Meagan, 29, New York City

Cap your workout with a happy hour chaser and the booze could derail your recovery. You sweat during exercise, so you're probably a bit dehydrated. "Alcohol can disrupt fluid and electrolyte balances, which can dehydrate you more, dramatically slow your fat metabolism, and stop your body from absorbing nutrients," says **Pip Taylor, a sports dietitian and the author of the nutrition guide *The Athlete's Fix***. Plus, when you're low on H₂O, your liver isn't working at full steam, so whatever alcohol it can't handle accumulates in the blood, where it acts as a depressant on your central nervous system, she explains.

That said, Taylor has a few tips for the smart way to enjoy an after-exercise drink. First, hydrate. Then grab recovery nutrition—a protein shake or a small meal with a combo of carbs, protein, and healthy fat. A little food can help break alcohol down, slow the rate at which it hits the liver, and prevent irritation to your intestinal lining. On the bright side, Taylor says, having happy hour post-gym might be preferable to waiting until the next day: "Some research shows that you're better off, at least when it comes to repairing and rebuilding muscles, to have a drink in the hours after a workout as opposed to 24 hours later, when the rebuilding is in full swing."

Shape's fitness director, **Jaclyn Emerick**, is also a certified personal trainer, Spinning instructor, kettlebell instructor, and sports and exercise nutrition coach. Tweet @shape_magazine and @jaclynemerick with #fitq for a chance to get your question answered in an upcoming issue.

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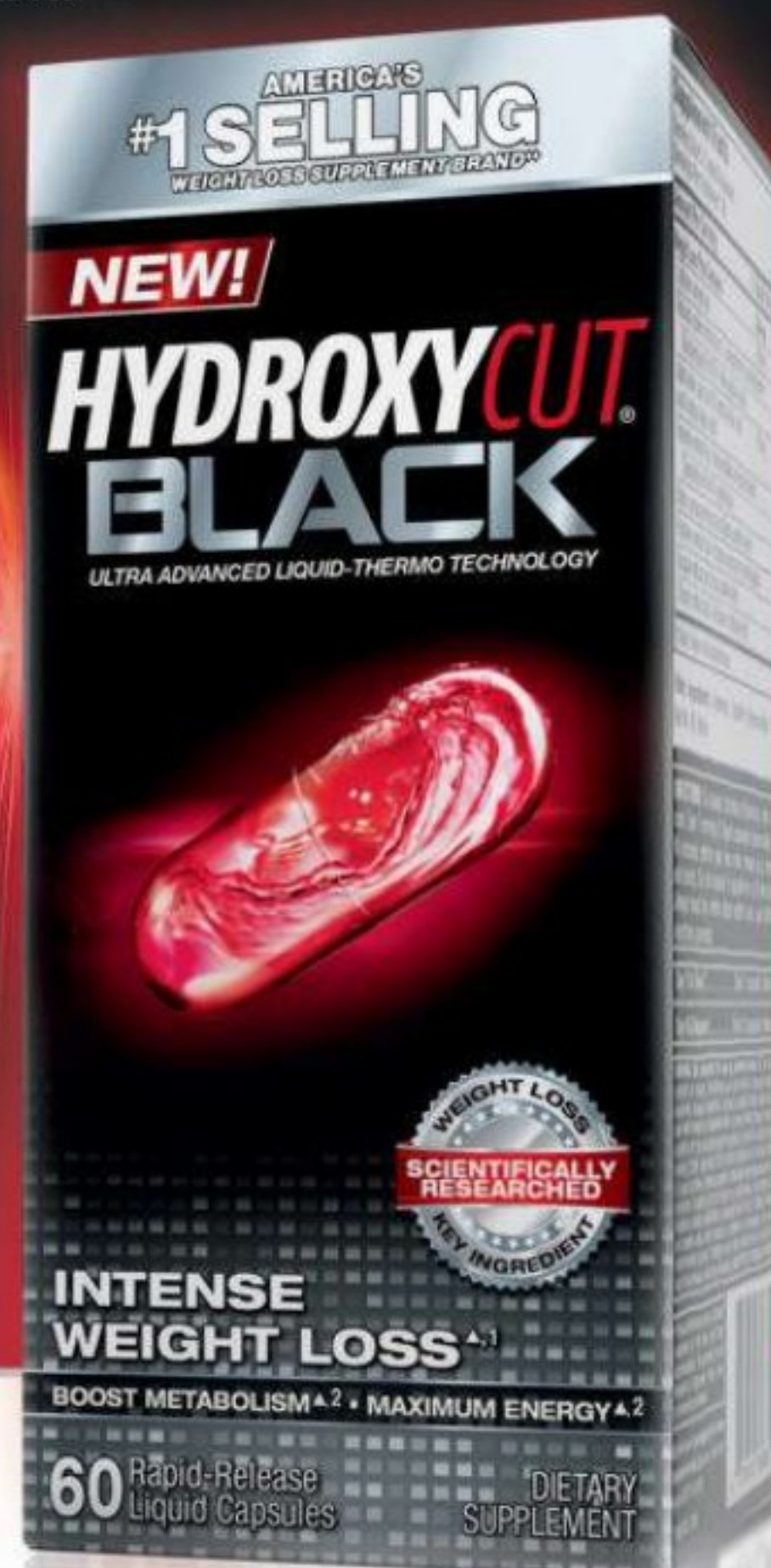
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Tone and torch

Meet the gym ball that will give you a cardio-strength power-packed workout.

By CARLY GRAF



You've probably noticed them at the gym and just figured they were medicine balls. But discover the toning tricks that only slam balls can do and you'll be hooked on this cardio-strength miracle worker. Unlike other exercise balls, slam balls are made for both weight lifting and throwing and are built to **take a beating with a little bounce** rather than a thud. That rebound helps give your reps a faster rhythm and a fiercer fat burn.

Slamming is simple: Pick up the ball, raise it overhead, and throw it back to the floor with as much force as you can muster, explains trainer Curtis Williams, a former National Football League player and an Under Armour performance trainer in New York City who uses slam balls with many of his clients. Each throw is a full-body strength-and-cardio workout, Williams says. "Because you have to go from crouching low to holding the ball high, and because you have to generate so much power to throw it from overhead back to the ground, you engage every muscle and spike your heart rate."

But there's way more you can do with this ball than just slams. "It's so versatile," Williams says. "You can twist, jump, throw, and move naturally and in any direction with it as you target multiple muscles and improve your balance and coordination." Every move you do fires up your abs, targeting them either directly, as with weighted sit-ups, or indirectly, to help stabilize you through dynamic exercises.

See—and sculpt—for yourself with Williams's slam-ball routine on the following page. You'll aim to work as quickly and powerfully as possible through the six-move circuit. It's tough, but the order ensures that certain muscles recover while others are being worked so that you can go harder and faster on the next set. Plus, you choose your weight and control the intensity of your pace and throws, so any level of exerciser can do it, Williams notes. Game on! ➔

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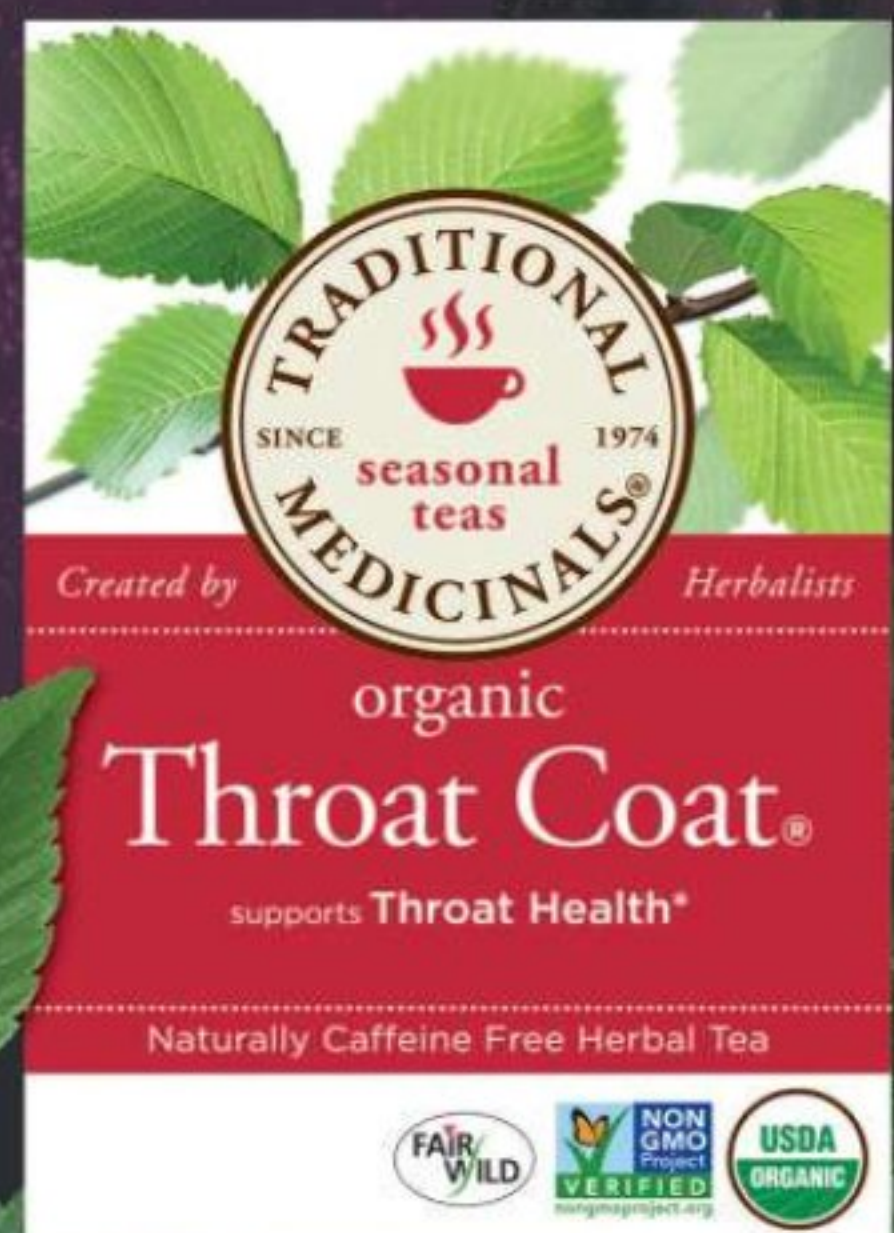


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Your workout

INTENSITY

Hard (RPE:* Shoot for an 8 or a 9 out of 10.)

TOTAL TIME

30 minutes

YOU'LL NEED

A slam ball—most gyms have them. If you're not sure of the difference between a slam ball and a medicine ball, ask a trainer so you make sure you use the right one. Williams recommends a six- to eight-pound ball for newbies and 10- to 12-pound ball for intermediate exercisers; if you're advanced, go for one that's a hefty 16 to 20 pounds. (Want your own? Find a slam ball for \$30 and up at ragefitness.com.)

HOW IT WORKS

Complete the six-move circuit three or four times, depending on how much time and energy you have, for a sweaty workout that will torch more than 250 calories. Beginners, start slow, use a lighter ball, and focus on form. As you become more experienced, up the weight and push yourself to complete the circuit a full four times through. Aim to do this routine three times a week on alternate days.

CALORIES BURNED: 254**

*Rate of perceived exertion; see [page 158](#) for chart.
**Calorie burn is based on a 140-pound woman.

WARM-UP

Jog in place, do jumping jacks, and do squats for a total of 2 to 3 minutes.

THE MOVES

Plyo press

Stand with feet hip-width apart, holding ball at chest level with elbows bent. Jump as high as you can; land softly in a squat (hip crease below parallel, knees pushing outward, weight in heels). Hold squat as you press ball forward and then pull it back in. Jump, land in squat, and repeat chest press. Continue squat jumping and pressing ball for 30 to 45 seconds.

Push-up tuck

Start on floor in plank with right hand on ball and left hand on floor. Pull right knee between elbows, then return to start. Switch sides; repeat. Then do a push-up, bending elbows until chest grazes floor. That's 1 rep. Do 5 to 8 reps. Switch sides; repeat.

Slam jump

Stand with feet hip-width apart, holding ball at chest level with elbows bent by sides. Rise onto balls of feet as you bring ball behind head (elbows remain bent in front of you), then forcefully slam ball to floor in front of feet as hard as you can. Immediately jump as high as you can, tucking knees toward chest. Land softly, pick up ball, and repeat as quickly as you can for 30 seconds.

Sit-up throw

Lie faceup on floor with legs extended, holding ball on chest with elbows bent to start. Sit up, pulling knees toward chest and throwing ball straight up. Without moving, catch ball, then slowly (for a count of 3) return to start position. That's 1 rep. Do 15 reps.

Hop twist

Stand on right leg, lift left leg behind you, rotate torso to right, and hold ball outside right hip with both hands. Hop to left, landing on left leg, rotating torso to left, and reaching slam ball up and over to outside of left hip, kicking right leg behind you. Without moving upper body, jump as high as you can and land softly on left leg. Switch sides; repeat. Continue alternating sides for 30 to 45 seconds.

Arc slam

Stand with feet hip-width apart, holding ball at chest level with elbows bent. Rise onto tiptoes as you raise ball overhead; rotate torso to right, then squat as you forcefully slam ball to floor outside of right ankle (release ball at knee height). Stay in squat, and pick up ball. Immediately stand, then switch sides; repeat. Continue alternating sides for 30 to 45 seconds.

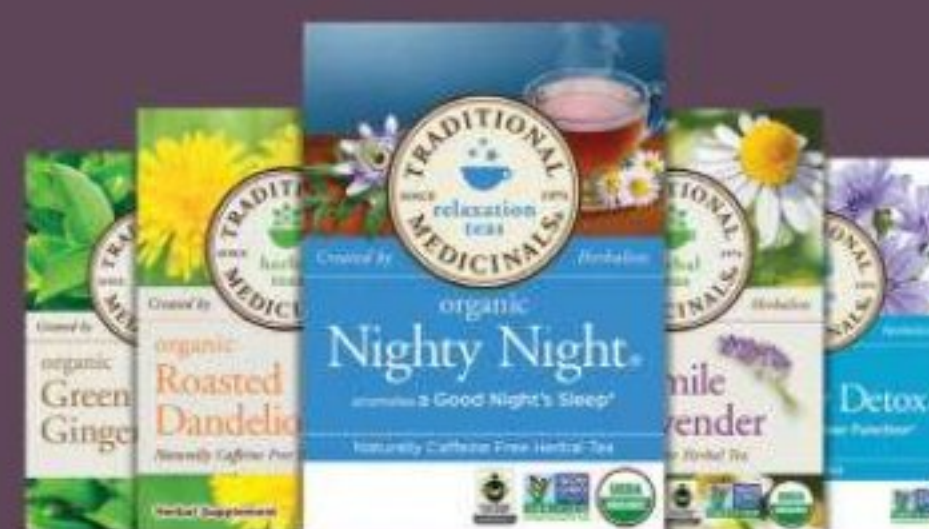
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get fit
the belly shrink

The secret to middle management

A few key hormones that affect ab fat can dictate whether you cinch your belt or let it out a few notches.

By LESLEY ROTCHFORD

So what is it about the mid-section that makes flab want to hang around it so much? You have a cadre of hormones always at the ready to usher fat into the most convenient storage units—that is, those in your core, close to your organs, explains Aaron M. Cypess, M.D., Ph.D., a researcher at the National Institutes of Health. But here's the upside: You can manipulate your hormones and get them to work in your waistline's favor. You're about to learn how.

Know your fat hoarders

They are cortisol, insulin, and testosterone. At normal levels, however, they don't actually cause belly fat. It's when their levels are consistently high that the flab gets stockpiled. "In fact, having belly fat is a key indicator of hormonal imbalance," says Sara Gottfried, M.D., the author of *The Hormone Reset Diet*.

When you're stressed, your body starts cranking out cortisol, which releases fat from fat stores and dumps it into the bloodstream to give the liver and other organs energy to deal with the perceived threat. Whatever fat isn't used gets stored in ab tissue, which houses *four times* as many cortisol receptors as fat-storage units in other areas of the body, meaning that with chronic stress, cortisol just keeps parking fat in your middle.

HIIT IT

Push the intensity of your workout periodically to activate fat-freeing growth and catecholamine hormones.

The situation then becomes a vicious circle—the more belly fat you have, the more cortisol you naturally produce. At times when you can lessen your stress, the cortisol circulating in your system becomes inactive and is eventually filtered out by the liver and kidneys. "But fat tissue contains an enzyme called HSD that can switch on inactive cortisol before your organs can get rid of it," says Shawn Talbott, Ph.D., the author of *The Cortisol Connection*. →





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Insulin also packs on belly fat. Its job is to shuttle glucose (sugar) out of the bloodstream and to store it, either in the liver to be used as energy or in fat tissue. Eat more calories than your body needs and insulin stashes the excess in ab fat stores, says Martha Belury, Ph.D., a professor of human nutrition at Ohio State University.

Then there's testosterone, the male sex hormone. In men, it has been shown to help release fat from abdominal fat stores so it can be used for energy. But in women, high levels are associated with belly fat, a study in the journal *Metabolism* found. Researchers aren't sure why this occurs, but studies of women with polycystic ovary syndrome—a condition that involves high levels of testosterone and ab fat accumulation—suggests that insulin may play a role in the process.

The good news: All of these culprits can be tamed more easily than may you think.

Get more sleep and tea

"One night of poor sleep and you already disrupt your cortisol production. Miss as little as two hours of sleep a night for three nights and you can increase cortisol by 50 percent," Talbott explains. (The body reads sleep deprivation as stress and jacks up cortisol to deal with it.) Talbott recommends getting eight hours of sleep a night or, at the very least, making sure that the six hours you do get is as deep and restful as possible and that you take a nap during the day. A Penn State study found that a two-hour nap reverses the cortisol effects of crappy sleep the night before. Even an hour has benefits, Talbott says.

Drinking tea can help curtail cortisol too. British researchers found that drinking caffeinated black tea four times a day for



DRINK UP
Black tea and green tea contain flavonoids, which may help lower cortisol.

"Getting enough sleep is probably the most effective and the most overlooked way to drop belly fat," Talbott says.

six weeks lowered cortisol. "We don't know what is responsible for this effect, but it could be the theaflavins or another flavonoid," says study researcher Andrew Steptoe, the director of the Institute of Epidemiology and Health Care University College London. Other ways to add flavonoids to your diet include eating at least five daily servings of brightly colored fruits and vegetables.

Cut back on carbs

The best way to lower insulin is to eat a low-carbohydrate diet, which helps prevent fat storage and encourages fat burning. Insulin wants your body to use sugar instead of fat for energy, so it locks up fat stores. "But if you follow a low-carb diet, your body will produce less insulin, allowing fat to be released into the blood so it can be burned off," Belury says. Aim for a diet in which your daily calories come from 50 percent healthy carbs, 30 percent healthy fats, and 20 percent lean protein.

Fill your plate with satiating low-carb foods like lean meat, fish, poultry, and eggs; non-starchy veggies like lettuce, asparagus, and broccoli; high-fiber fruits like apples and berries; and whole grains like bulgur and oats, Belury suggests.

According to Dr. Gottfried, that low-carb diet is also key to lowering testosterone. And because zinc deficiency is associated with high testosterone levels in women, she suggests eating foods high in this mineral, such as green beans, sesame seeds, and pumpkin seeds.

Another tactic: Eat small meals throughout the day. New research from Ohio State University found that skipping meals can lead to a greater accumulation of belly fat. In the study, one group of mice had unlimited access to food, while

another group fasted and then gorged themselves. The fasting group gained more abdominal fat even though both groups of mice ultimately ended up consuming the same amount. Why? The fasting group's insulin spiked so highly that it led to insulin resistance, which causes fat storage in the abdominal area. "Eating small meals could help some people maintain steadier levels of insulin throughout the day," says Belury, the study's author.

Flip on your fat burners

As much as you want to lower fat-storing hormones, you also need to boost fat-springing chemicals. Catecholamine hormones (these elicit the fight-or-flight response) and growth hormone (this promotes muscle growth) release fat from stores so it can be delivered to the muscles for energy. You can trigger the production of these hormones by doing high-intensity training (HIIT) workouts.

One last piece of the puzzle: The hormone adiponectin helps ensure that freed fats are actually burned off by muscles, a process called fat oxidation. A study at the National Institute of Cardiology in Mexico City found that low levels of adiponectin are associated with belly fat and insulin resistance.

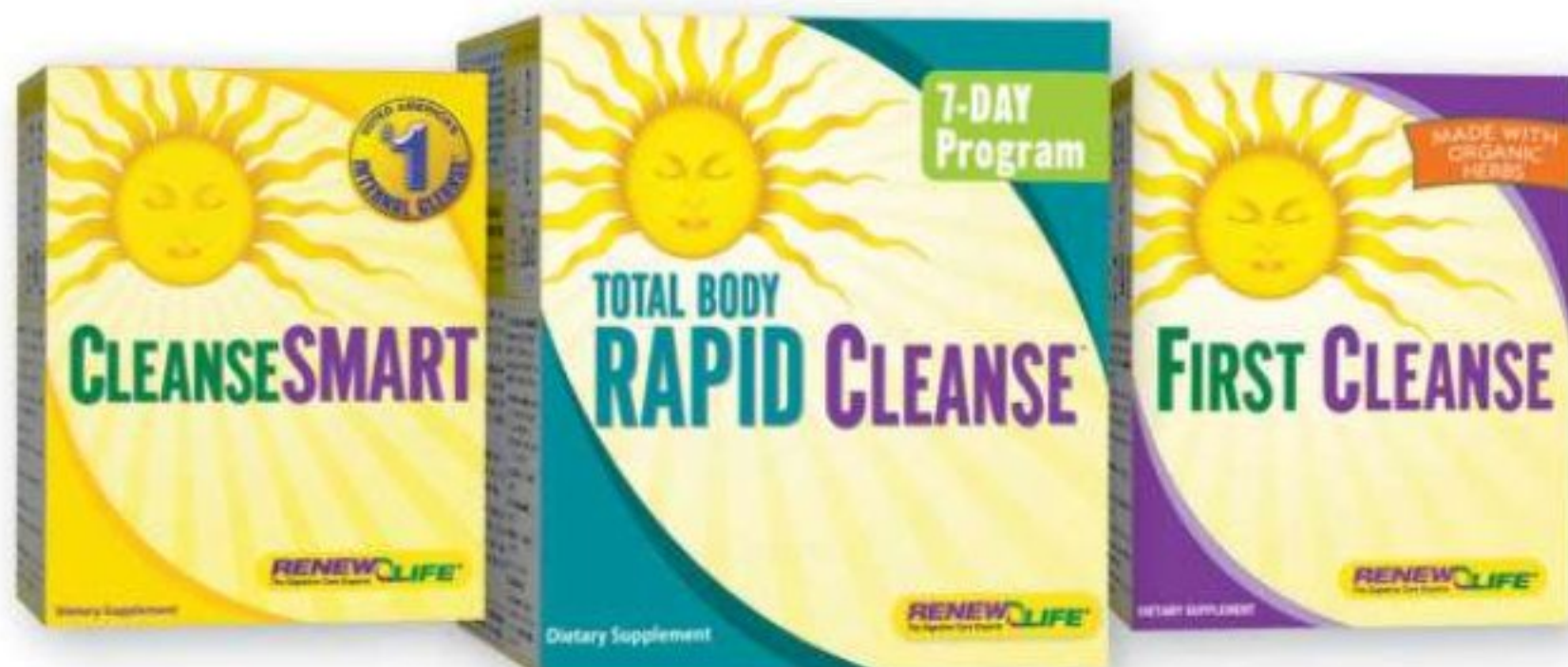
"The most effective way to normalize your adiponectin is to lose weight, because the more fat you have, the lower your levels of it are," says Dr. Gottfried, who also suggests eating one or more servings a day of magnesium-packed foods, including kale and spinach. (A study in the *Journal of Nutrition* found that consuming magnesium had a positive effect on adiponectin.)

Lace up and stop letting your hormones call the shots. You'll slim your belly like never before. ★

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Runners up!

Make this the year you go from simply logging your miles to loving them.

By SARA ANGLE

You (yes, you) have the perfect body for running. The unique human physique—long legs, Achilles tendons for shock absorption, and a special head-stabilizing ligament in the neck—makes you born to run, evolutionary biologists say. Now you just need to put your heart into your stride. Here's how.

For newbies: Think small

Many beginners feel pressure to go farther or faster ASAP, but those who take baby steps—increasing their speed or distance by no more than 10 percent a week—tend to enjoy themselves most, says Andrew Kastor, the head coach for the ASICS Mammoth Track Club. “Don’t take it so seriously,” he says. “It’s just putting one foot in front of the other.” It also helps to reframe each new challenge against a scale of other accomplishments, says Jes Woods, a coach for the Nike+ Run Club, New York City. “Compared with making it through a 70-hour workweek, a mere 40-minute run seems like no sweat,” he says.



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To remotivate those who have lost that fire: Add meaning

“We all need a reason to run,” says John Henwood, an Olympic distance runner and a coach to pros like track star Mary Cain. “Having a goal, such as training for a race or hitting a pace you want to reach, makes running more enjoyable because you’re not just staring at the clock,” he says. Focus on the “why,” Kastor adds: Why did you start running? “Remember what motivated you to put in the work in the first place,” he says. Channeling that feel-good ideal—a healthy body, a strong mind—could be what gets you back in the game.

If you’ve never felt the high: Run with company

Seasoned striders who laced up with a group enjoyed their workouts significantly more than when they went solo, research from Bellarmine University revealed. (Find a run club near you at rrca.org.) Besides the social aspect, doing this also gives you the opportunity to try new paces and distances, Woods says. And mixing it up rather than simply going steady may be the key to finding your spark. ★

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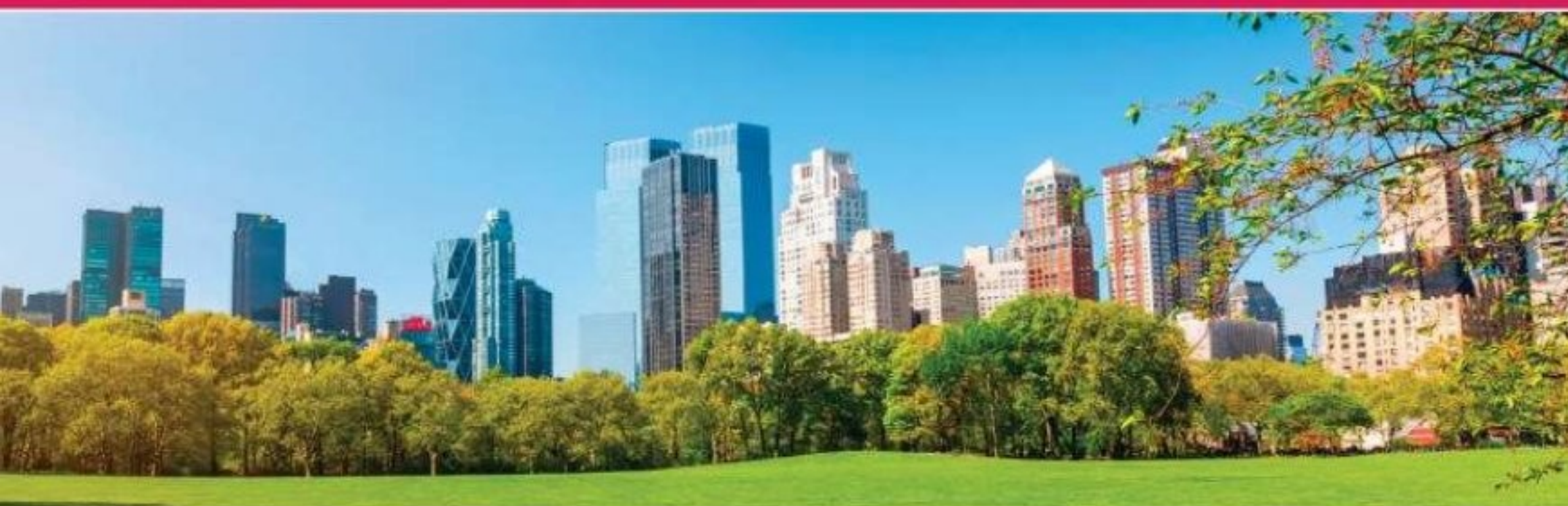
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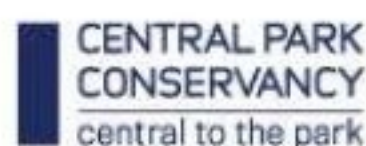
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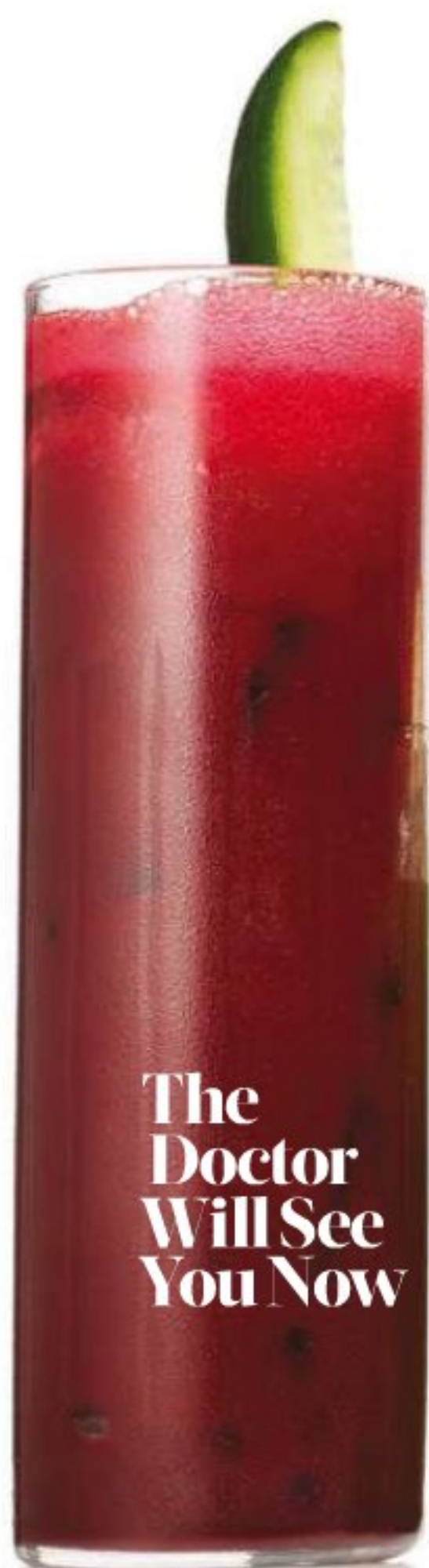
Cheers to a healthy New Year

Made with good-for-you, fresh ingredients, these “mocktails” are so tasty, you won’t miss the hard stuff.

By MARNIE SOMAN SCHWARTZ

Cocktails, we love you, but after the past couple of hedonistic months, we also like the option of enjoying a dry drink as a way to hit the reset button without forgoing the fun. “Overdoing it on alcohol can negatively affect your sleep, exercise habits, and diet,” Ashley Koff, R.D.N., says. “So it’s not a bad idea to occasionally take a break to get back on track toward your health goals. You may even gain clearer skin and more energy, as well as lose a few pounds.” Even top mixologists are behind the sober January trend, and five of them have concocted this batch of healthy, yummy drinks to keep you happy. Of course, they’ve included the tweaks you’ll need to up the proof when you want to. →

Purple Plush



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Rose of Jaipur Punch



eat right healthy drinks

The Doctor Will See You Now

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Bulla Gastrobar in
Coral Gables, Florida

In a cocktail shaker, combine 2 ounces beet juice, 1 ounce carrot juice, ½ ounce ginger syrup, and 1 ounce lemon juice. Shake, and strain into a highball glass filled with ice. Top off with a splash of tonic water, and garnish with cucumber.

Spike it: Swap ginger syrup for ginger liqueur, and add 1½ ounces gin.

It's Easy Being Green

Mixologist:
Spencer Elliott,
Bounce Sporting
Club in
New York City

In a cocktail shaker, combine 1 ounce kale juice, ¾ ounce ginger juice, ½ ounce lemon juice, and ½ ounce agave syrup whisked with ½ ounce hot water. Shake, and pour into a glass filled with ice cubes. Top off with club soda, and garnish with a lemon slice dipped in cayenne pepper.

Spike it: Add 1 ounce tequila or mescal.

Purple Plush

Mixologist:
Steve Minor,
MO Bar + Lounge
at Mandarin
Oriental in Miami

Puree a can of lychees in their own syrup. Strain, and set aside. Brew hibiscus tea (¼ cup dried hibiscus leaves in 1 cup hot water) for 5 minutes. Add ¼ cup tea to lychee puree. In a martini shaker filled with ice, combine 3 ounces lychee-hibiscus tea mixture and 1 ounce water. Shake for 10 seconds, and strain into a champagne flute. Top off with club soda.

Spike it: Add 1½ ounces each Grey Goose La Poire Vodka and St-Germain.

TIP

Antioxidant-rich teas, juices, and herbs boost the booze-free benefits.

Rose of Jaipur Punch

Mixologist:
Clare Ward,
Sambar in Culver
City, California

In a glass, mix 1 ounce rose syrup, ½ ounce lemon juice, 1 ounce pomegranate juice, and 1 ounce grapefruit juice. Add ice, fill with 4 ounces seltzer, and dust with a pinch of ground cardamom. Garnish with a lemon wedge.

Spike it: Replace 2 ounces of the seltzer with gin.

Thyme-Ade

Mixologist:
Michael Heim, The
Kitchen Boulder in
Boulder, Colorado

Muddle 1 sprig thyme with 1½ ounces lime juice and 1 ounce simple syrup in a shaker. Strain into a glass filled with ice, top off with club soda, and garnish with thyme sprigs.

Spike it: Add 1½ ounces gin or aged rum.



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Shine On

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SHOPPING TIP
Choose a fruit that
feels heavy for its
size, a sign it has
lots of juice inside.

Try it now... Pomelos

They taste like a combination of mild grapefruit and sweet orange, which makes pomelos a perfect go-to when you want a hit of citrus, says Wesley True, the executive chef at the Optimist in Atlanta. The fragrant vitamin C-packed fruit (it will make your kitchen smell *amazing*) is delicious in Asian dishes and with sautéed greens as a perfect counterpoint to their bitterness. Try pomelos in True's Thai vinaigrette or in one of the other excellent chef-inspired recipes here.

→ **Blend one into a dressing.**

"To a food processor, add a small knob of ginger (about the size of a garlic clove) and a cup of diced peeled apple; pulse several times. Add two tablespoons each of lime juice and fish sauce and a quarter cup of pomelo juice, and pulse a few more times. With the machine running, gradually stream in a quarter cup of olive oil, and blend until smooth. Season with salt and pepper. Add the pomelo segments to any salad, and drizzle with the dressing. Or you can add seafood or meat to make it meal-worthy."

—Wesley True

→ **Serve it as a topping for fish.**

"Peel and segment a pomelo, squeeze all the juice from the 'skeleton' that's left, and set the segments and juice aside. Trim and thinly slice a bulb of fennel, and toss the pieces with two tablespoons of olive oil, three tablespoons of chopped fennel fronds, the pomelo segments, and a pinch of salt. Drizzle the pomelo juice over cooked fish like trout, cod, or halibut; top with the pomelo-fennel mixture; and garnish with chopped toasted almonds."

—Jeremy Fox,
executive chef at Rustic Canyon
in Santa Monica, California

→ **Make a sweet-and-spicy salsa.**

"Peel and dice two pomelos and two avocados. Stem eight sprigs of tarragon, and remove the seeds from two Fresno chiles. Mince the chiles. Thinly slice three scallions and four radishes. Add all the ingredients to a bowl, squeeze in the juice of half a lemon, season with a half teaspoon of salt, and mix it all together. Serve this fruity salsa over pork or as a dip for chips."

—Daniel Holzman,
chef and coowner of the
Meatball Shop in New York City



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Take a dip

These rich vegan recipes from chef Diana Stobo, the author of *Get Naked Fast!*, provide the perfect balance of hunger-busting protein and energizing carbs. Bring them to work with some crudité or whole-grain crackers for a lunch that will power your entire afternoon.

Chickpea-Turmeric →

- 1 15-ounce can chickpeas, rinsed and drained
- ¼ cup tahini
- ¼ cup fresh lemon juice
- 1 tablespoon olive oil
- 1 ½-inch piece ginger, chopped
- 1 garlic clove, chopped
- ½ teaspoon turmeric
- 1 teaspoon sea salt
- ⅛ teaspoon cayenne

Add all ingredients to a food processor, and process until smooth. (Makes four 204-calorie servings)

Nacho Cheese →

- 2 cups cashews, soaked in water for 2 hours and drained
- ¾ cup salsa
- ½ cup fresh lemon juice
- ¼ cup water
- 1½ teaspoons sea salt
- ¼ cup nutritional yeast

Add all ingredients to a food processor or a high-speed blender, and process until smooth, scraping down the sides with a spatula or adding water as needed. (Makes four 425-calorie servings)

TIP

Add a scoop of dip to your salad, or spread it on a sandwich or a wrap.

← Zucchini-Cashew Hummus

- 2 cups diced zucchini
- ¾ cup tahini
- ½ cup fresh lemon juice
- ½ cup cashews, soaked in water for ½ hour and drained, or raw cashew butter
- 1 garlic clove, chopped
- 1½ teaspoons sea salt
- 2 teaspoons cumin

Add all ingredients to a food processor fitted with an S-blade, and process until smooth.

(Makes four 386-calorie servings)

← White Bean and Beet

- 1 beet, peeled and cut into ½-inch slices
- 3 garlic cloves, chopped
- 1 thyme sprig
- 1 15-ounce can cannellini beans, rinsed and drained
- ¼ cup olive oil
- 1½ teaspoons fresh lemon juice
- 1 teaspoon sea salt

Place beet, garlic, and thyme on aluminum foil, and fold into a packet, leaving space around beet for air to circulate. Bake in a 400° oven for 30 minutes or until tender, and then let cool. Add contents of packet and remaining ingredients to a food processor, and process until smooth. (Makes four 215-calorie servings)



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EAT THIS!
NOT THAT!

Spaghetti worth getting

Don't fear the carbs! Drop pounds with penne, fettuccine, and more.

By DAVID ZINCZENKO

From your own kitchen:

EAT THIS! ↗

Sweet Potato and Goat Cheese Spaghetti

Cook 6 ounces whole-wheat spaghetti according to package directions; drain, and return to the pot. While pasta cooks, heat 1 tablespoon olive oil in a large skillet over medium. Add 2 garlic cloves, minced; 4 cups shredded sweet potato; and ½ teaspoon salt. Cook, stirring occasionally, until sweet potato starts to soften, about 3 minutes. Add 4 ounces baby spinach; 1 cup grape tomatoes, halved; 1 teaspoon chopped fresh thyme; and ½ cup water. Cover, and continue to cook until spinach is just wilted, about 2 minutes more. Add vegetables to spaghetti, and gently stir together. Divide among four plates, top each with 2 tablespoons crumbled goat cheese, and garnish with more thyme. Serves 4. (366 calories per serving)

When you're at the Italian restaurant:

NOT THAT! ↘

Olive Garden Chicken Alfredo

1,480 calories, 94 grams fat

How about eating a stick of butter for dinner? That's the amount of fat you get with this creamy chicken dish. And that's before you tack on the chain's famous salad and carb-filled bread sticks.

EAT THIS! ↙

Olive Garden Spaghetti With Garlic White Wine Sauce

780 calories, 43.5 grams fat

Choose from the Cucina Mia section of the menu to customize your dish, and pair the lowest-calorie pasta with a tasty, light sauce that's topped with fresh tomatoes.

SAVE!

700 CALORIES
50.5 GRAMS FAT

MORE NOODLE SWAPS

For seafood and pasta:

NOT THAT!

Romano's Macaroni Grill Shrimp Portofino (1,110 calories, 77 grams fat)

EAT THIS!

Romano's Macaroni Grill Lobster Ravioli (600 calories, 35 grams fat)

SAVE!

510 calories
42 grams fat

For an Asian fix:

NOT THAT!

P.F. Chang's Pad Thai Chicken (1,160 calories, 30 grams fat)

EAT THIS!

P.F. Chang's Vegetable Lo Mein (490 calories, 6 grams fat)

SAVE!

670 calories
24 grams fat

From the freezer aisle:

NOT THAT!

Bertolli Italian Sausage & Rigatoni Classic meal for two (520 calories, 27 grams fat per serving)

EAT THIS!

Bertolli Chicken, Rigatoni & Broccoli Mediterranean Style meal for two (400 calories, 16 grams fat per serving)

SAVE!

120 calories
11 grams fat



For more smart swaps and delicious recipes, pick up *Eat This, Not That!*, available exclusively at eatthis.com.



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DIG A *Little* DEEPER

A Balanced Meal

VOL. 5 FOOD/NUTRITION

Balanced meals help us all maintain energy, stamina and overall health. Considering the earth's population is expected to grow nearly 40% by 2050, sustainably growing enough for a growing world is one of the major challenges of our time. Fortunately, new tools and solutions are helping to ensure a sustainable food supply, which will help farmers make balanced meals more accessible to all.

1 The concept of a *balanced meal* has grown more popular through initiatives to educate Americans about healthful eating, such as the dietary guidelines of MyPlate, a tool sponsored by the USDA. Though the breakdown varies slightly depending on your age, gender and other factors, MyPlate generally recommends your plate should be half fruits and vegetables, one quarter healthy grains, one quarter lean protein, plus a smaller side serving of lean dairy.



2 What is the best way to help make a balanced meal more accessible, in a sustainable way? One key strategy is to help farmers have better fruit and vegetable harvests even while facing weather challenges. Another is to help farmers produce healthful grains (such as wheat and rice) and protein-rich legumes (soybeans, lentils) while using important resources, like water, more efficiently.



3 Enticing vegetables are more likely to be eaten! Through traditional plant breeding, plant breeders cross-breed romaine and iceberg lettuce to develop a new lettuce that is crisp in texture, sweet in taste, and contains a good source of Vitamin C and folate. There are also new varieties of peppers, tomatoes and cucumbers that are smaller, which can help reduce food waste.

Food for thought:



Roughly 1 in 8 people worldwide don't have enough food to eat – more than the populations of the U.S., Russia, Japan, Mexico, France and Italy combined.



In 1960, a typical US farmer fed 25 people. This year, that same farmer will feed 155 people.

1 icon = 10

According to the UN Food and Agriculture Organization, investment in agriculture is **5X MORE EFFECTIVE** in reducing poverty and hunger than investment in any other sector.



eat right
upgrade

Bread that's better for you

The next-level grains go one healthier than whole—they're sprouted. And they're delicious.

By KAREN ANSEL, R.D.N.

So where can you find sprouted grains? And what are they, even? They're types of wheat, barley, millet, and brown rice, and they're available in every kind of carb, including bread, pasta, and cereal. These greater grains are grown longer than usual to allow them to sprout, and in the process, enzymes change the way they taste (nuttier, sweeter) and their nutritional profile (more micronutrients and protein, fewer carbs). Here's why you'll definitely want to give them a try.

All those nutrients

Many sprouted grains pack more immune-boosting vitamin C, energizing B vitamins, and disease-fighting antioxidants than unsprouted types, studies found. Sprouting may also increase the folate in grains by 360 percent,

according to research in the *Journal of Agriculture and Food Chemistry*, upping energy levels and fighting depression. Food companies are required to add folate to white flour, but healthy eaters who avoid processed foods may not get enough.

In addition, sprouted grains may give you more iron and zinc, which help keep your immune system strong. "Whole grains also contain these minerals, but your body doesn't absorb them as well," explains Julie Miller Jones, Ph.D., a professor emerita of food and nutrition at St. Catherine University. "The sprouting process may make the nutrients more accessible."

Fewer carbs, extra protein

In order to sprout, a grain generates energy by digesting

WHERE TO SCOUT FOR SPROUTS

Bread, English muffins, buns, tortillas

Because these have fewer preservatives, they're often sold frozen to keep them from going stale.

Flour and pancake mix

Buy them online or at grocery stores like Whole Foods.

Pasta

Find these in natural-food stores or online. Look for brands with sprouted lentils and/or soybeans for extra protein and fiber.

Cereal and granola

Available in supermarkets and health-food stores.

many of its own carbs, making it lower in starch. At the same time, enzymes start to break down the proteins in the grain, increasing its number of essential amino acids. These are the building blocks of protein, and you need them to gain muscle and produce hormones and antibodies. According to research, sprouting can increase the amount of these amino acids by as much as 10 times.

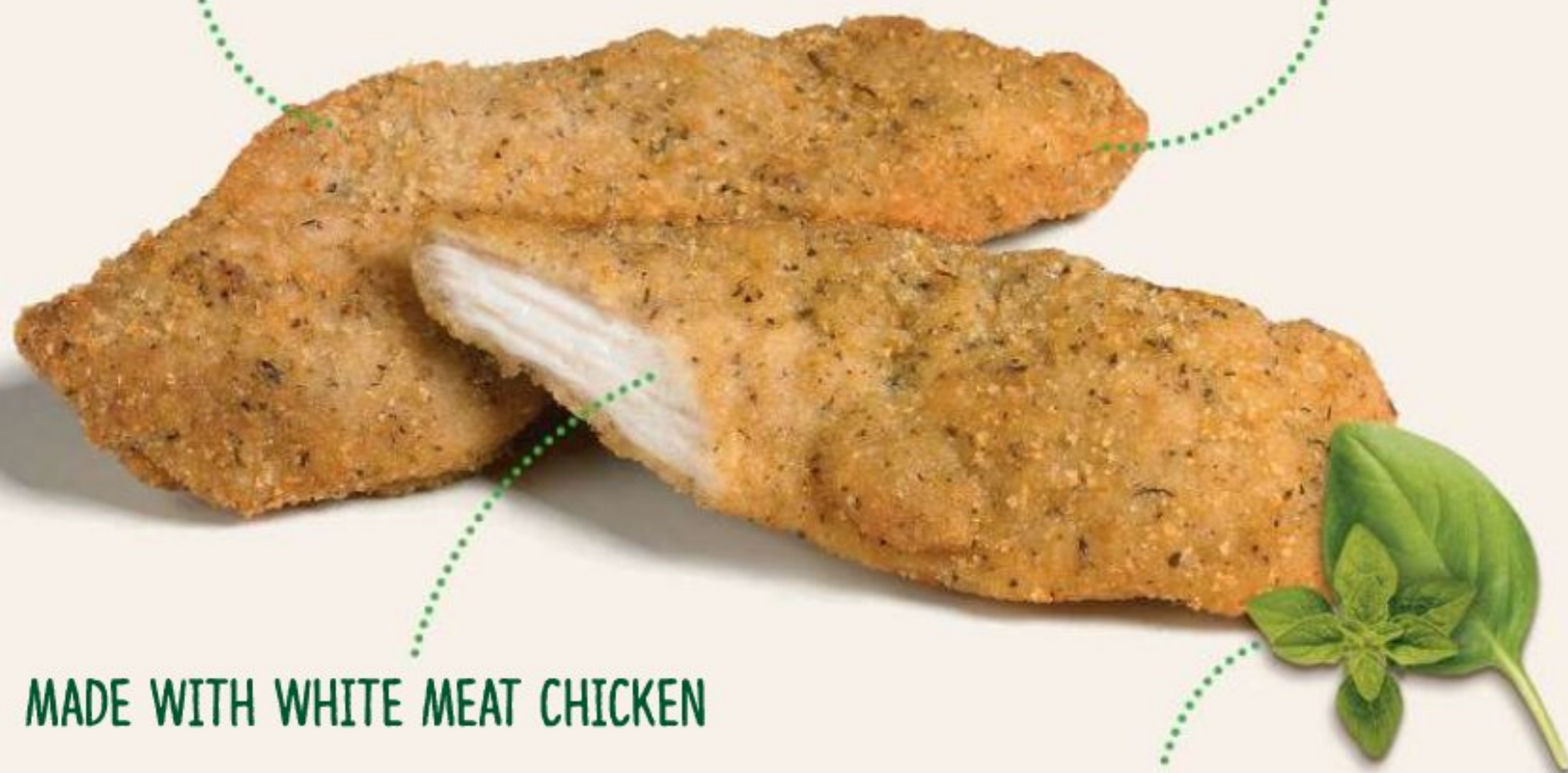
They won't bloat you out

Whole grains contain two types of sugars that our bodies can't digest, stachyose and raffinose. They ferment in our gut, producing gas. This is less the case with sprouted versions, Jones says. As a grain germinates, many of its sugars, including stachyose and raffinose, break down. ★

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Your new health drink

Bone broth is full of vitamins, minerals, and protein. Here, five reasons to start sipping.

By RACHEL MELTZER WARREN, R.D.N.

To get stronger

When you cook bones for hours along with acidic ingredients like vinegar and tomatoes, they break down and release more protein than they would in regular stock, which can be prepared in as little as 45 minutes without acid. That's why a cup of boxed chicken-bone broth has nine grams of the muscle-building nutrient, while a cup of boxed chicken broth has one gram. Bone broth is rich in collagen, a type of protein that makes your skin smoother, helps form connective tissue, and works to heal bruises and repair injuries.

To soothe your stomach

The collagen contained in bone broth also repairs damage in the gastrointestinal tract that can lead to bloating and food sensitivities, says Mark Hyman, M.D., the director of the Cleveland Clinic Center for Functional Medicine. A study at Rush University found that a diet that included bone broth may ease irritable bowel diseases.

To recover postworkout

After a wintry run, a mug of steaming bone broth will replace lost electrolytes and repair and build muscle, as well as hydrate you and warm you up. Plus, Hyman says, the broth has none of the added sugar that is found in typical sports drinks.

To stay slim

Bone broth is full of glutamic acid, an amino acid that binds to taste receptors on your tongue and helps you experience the savory flavor of umami more intensely. Eating umami-rich foods boosts satiety, which may help you eat less.

To fight winter colds

Like chicken soup, bone broth contains an anti-inflammatory compound called carnosine, which relieves cold and flu symptoms. It's also rich in alkylglycerols, Hyman says, which are fatty acids that keep your immune system strong.



DIY BONE BROTH

Make your own with this recipe from chef Marco Canora, the owner of Brodo, a broth bar in New York City, and the author of *Brodo: A Bone Broth Cookbook*.

- 10 pounds bones, preferably from grass-fed or organic animals*
- 3 large onions, peeled and roughly chopped
- 2 large carrots, scrubbed and roughly chopped
- 6 celery stalks, roughly chopped
- 1 tablespoon black peppercorns
- 5 bay leaves
- 1 28-ounce can peeled tomatoes
- 1 bunch flat-leaf parsley
- Salt

1 Place bones in a very large stockpot; add cold water to cover by 2 to 3 inches (leave at least 2 inches of space at the top). Bring to a boil over high heat, skimming off foam every 20 minutes. Reduce heat to low, and pull pot to the side so it is half off the burner; simmer for 1½ hours, skimming occasionally.

2 Add onions, carrots, celery, peppercorns, bay leaves, tomatoes, and parsley to pot, pushing them into the liquid. Cook for at least 3 to 5 hours more for poultry bones or 16 to 22 hours more for beef or other large bones. Skim as needed.

3 When done, remove all solids. Strain broth through a fine-mesh strainer; add salt to taste, let cool, and transfer to storage containers. Refrigerate broth overnight, spoon off solidified fat, and store for up to five days in the refrigerator or six months in the freezer.

*Store bones in the freezer until you're ready to cook. If needed, halve the recipe.



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TIP

Turn this marinade into salad dressing by adding two tablespoons of water.

Made for each other . . . Pomegranates and dates

Dates are sweet; pomegranates are tart—together they create a delicious flavor contrast. What makes this mix even better: Each fruit contains different powerful polyphenols, which fight inflammation and keep your arteries clear, according to research from Israel. “When you combine the two fruits, you get an even wider range of protection,” says Michael Aviram, a professor of biochemistry at Technion Rappaport Faculty of Medicine in Haifa. While his study found that pomegranate juice and entire dates (including the pits) are the most effective pairing, Aviram says that any combination of the fruits and seeds will give you heart-healthy benefits. This pork dish definitely delivers.

Pork Tenderloin With Pomegranate and Dates

Serves: 4

Active time: 10 minutes

Total time: 60 minutes

- 2 tablespoons pomegranate juice
- 2 pitted dates, plus more for garnish
- 1 tablespoon fresh thyme, chopped
- 2 garlic cloves, roughly chopped
- $\frac{1}{4}$ teaspoon red pepper flakes
- $\frac{1}{4}$ cup diced shallots
- 1 tablespoon Dijon mustard
- $\frac{1}{2}$ teaspoon kosher salt
- 1 teaspoon black pepper
- 2 tablespoons extra-virgin olive oil
- $1\frac{1}{2}$ pounds pork tenderloin
- $\frac{1}{4}$ cup pomegranate seeds

1 Preheat the oven to 425°. To a food processor, add pomegranate juice, dates, thyme, garlic, red pepper flakes, shallots, mustard, salt, pepper, and 1 tablespoon olive oil; pulse until smooth. Place pork in a 1-gallon ziplock bag, and pour all but 2 tablespoons of marinade over it. Toss to coat, and let marinate for at least 30 minutes (if longer than a half hour, place in the refrigerator).

2 Heat remaining 1 tablespoon olive oil in a cast-iron skillet or other ovenproof pan over medium-high heat. Add pork, searing for 2 minutes on each side. Transfer skillet to oven, and roast meat until it reaches an internal temperature of 145°, about 15 minutes. Remove pork from oven, and brush with reserved marinade; let rest for 5 minutes. Slice pork, and sprinkle with pomegranate seeds. Garnish with additional dates.

*** Nutrition facts per serving:**
278 calories, 11 g fat (2.1 g saturated),
8 g carbs, 36 g protein, 1 g fiber,
425 mg sodium

—Recipe by Kate Parham Kordsmeier

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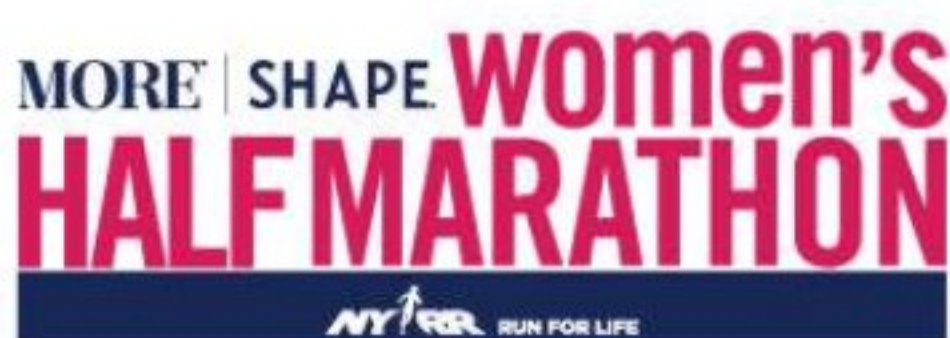
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See the light
Brightening up your environment can boost your energy, slim you down, and improve your health, cutting-edge research says. But to harness the power, you need to smartly work the rays into your day. Here's the plan.

By MIREL KETCHIFF

Scientists, after extensive studies, are finally beginning to fully understand the crucial effect that light has on our internal systems. "The light receptors in our eyes communicate directly with the brain, synchronizing the circadian clocks that affect our immunity, appetite, mood, energy, and even pain tolerance," says Charles Czeisler, M.D., Ph.D., the director of the Division of Sleep and Circadian Disorders at Brigham and Women's Hospital. Exposing yourself to the right rays at the right time has a huge impact on every aspect of your health. →





NO BEDROOM WINDOW?

A dawn-simulating alarm clock, like the **Philips Wake-Up Light** (from \$90, bestbuy.com) mimics the energizing effects of a.m. rays.

→ **The light-brain connection**

When light enters your eyes, it's transmitted directly to a small cluster of brain cells in your hypothalamus, called the suprachiasmatic nuclei (SCN). Your SCN is your body's master clock, says Dan Pardi, a researcher in the Departments of Neurology and Endocrinology at Leiden University in the Netherlands. It uses the intensity and color of the light you see to determine what time of day it is, then sends various signals to the "clocks" that reside in every tissue in your body. "Your entire system knows what time it is based on the light you're exposed to," Pardi says. "That's important because cells perform different functions at different times of the day."

For example, daylight has a lot of blue-wavelength rays. When you open your blinds in the morning, those beams enter your eyes and relay

a signal to your brain that it's day. This helps kick-start the body processes that keep you alert and awake. Your hypocretin neurons become more active, for example, which promotes wakefulness and speeds up your metabolism, preparing you for breakfast, Pardi says.

In the early evening, however, natural light becomes less blue and more amber until the sun sets. This tells your SCN, and by extension the rest of your body, that night is near. Your melatonin production picks up, Pardi says. Your metabolism slows down to help your body with its overnight fast, and your immune system becomes more active to help your body fight any infectious bugs it picked up during the day.

But there is a problem: Your SCN doesn't just respond to natural light—it responds to *any* light. And today we spend more time inside,

STAY IN SYNC

Exposure to light isn't the only way to regulate your circadian cycles. These four tips will help too.

Load up on fermented foods. New research in the journal *Cell Host & Microbe* found that unhealthy gut bacteria may disrupt your circadian rhythms. Try eating probiotic-rich foods such as kimchi, kefir, and yogurt.

Get active in the afternoon. Animal research in the *Journal of Physiology* revealed that exercise late in the day helped restabilize out-of-sync circadian rhythms. But avoid working out after 11:00 p.m.—it can throw off your sleep cycle.

Keep mealtimes consistent. Your gut has its own internal clock, which sends feedback to your body's master clock. When you eat at unusual times, both get thrown off, says sleep specialist Rachel Salas, M.D., an associate professor of neurology at Johns Hopkins University.

Ditch the postdinner double espresso. Consuming 200 milligrams of caffeine, about the amount in two cups of coffee, three hours before bedtime sets your circadian clock back by 40 minutes, according to a new study at the University of Colorado Boulder. Cut yourself off six hours before bedtime.

bombarded with artificial rays from lamps, computers, televisions, and phones. "We're exposed to roughly 10 times more light than we were 50 years ago, and it's bluer light as well," Dr. Czeisler says. As a result, most of us are in a state of perpetual jet lag, Pardi notes. "The body starts operating out of rhythm, and that sets the stage for obesity, low energy, chronic stress, and more serious problems like cancer and heart disease," he explains.

Fortunately, getting your body clock back on schedule and keeping it there are very doable. Use the following strategies to improve your physical and mental health and supercharge your energy.

→ **Get out the door early**

All it takes is 15 minutes to start your day on a happy note. While all light appears to elevate levels of serotonin, a feel-good neurotransmitter, morning light is especially powerful: In a study of people with seasonal depression in the journal *Evidence-Based Mental Health*, those who were exposed to a.m. light experienced twice the mental lift as those who got their sun in the afternoon.

And that's not the only perk. People who get more morning light exposure have a much lower BMI than those who get most of their light later on, researchers from Northwestern University found. Light may influence your body's production of ghrelin and leptin, two hormones that control your appetite, and helps regulate your metabolism.

For an added benefit, get a workout in. "Studies have shown that light exposure in the morning can increase

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Like every woman, I want thick and full hair. But about six months ago I noticed my hair starting to fall out. I would find hairs in the shower and lots on my brush. I was very concerned so I went to my pharmacy to ask for advice.

THE SECRET TO BEAUTIFUL HAIR

The pharmacist directed me to Hair Volume™, a well-known hair tablet from Sweden. The tablets which are based on an apple extract, contain vitamins

to help restore and maintain a healthy nutritional balance in the hair follicles. I was told that temporary hair loss due to lack of nutrients or changes in lifestyle is very common. I was a bit skeptical but wanted to give it a try.

IT WORKED FOR ME

Now I have been using Hair Volume for 3 months. My hair has normalized and the hair loss has decreased. I am really happy about this and strongly recommend using Hair Volume.”

Laura, New York

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live healthy light exposé

energy, stamina, and strength,” says Shalini Paruthi, M.D., a fellow of the American Academy of Sleep Medicine. “But even if you work out at night, light exposure in the morning may still translate into better athletic performance.”

→ Brighten up your work space

If you sit near a window, count yourself lucky. People who get more natural light at work are more physically active, sleep for 46 more minutes per night, and are happier overall than those who get less, research in the *Journal of Clinical Sleep Medicine* shows.

It all comes back to those blue-wavelength a.m. rays, which create what Pardi calls an anchoring effect. You’re essentially bombarding your SCN with “it’s daytime!” messages. That helps stabilize your circadian rhythms and translates into steadier energy throughout the day—which may make you more likely to take that after-work Spinning class—and sounder sleep at night, explains Mohamed Boubekri, Ph.D., the study’s author.

No windows nearby? The overhead fluorescents in your office are probably not a great substitute. “Even bright indoor light is usually about 10 to 20 times less intense than midday outdoor light,” Pardi says. To tap into the perks of a naturally sunny office, consider screwing a blue-enriched white lightbulb like the **Awake & Alert Biological LED Lamp** (\$42, lsgc.com) into your desk lamp.

→ Eat lunch outdoors

About that anchoring effect: To trigger it, aim to be outside for at least 30 cumulative minutes a day before 3:00 p.m.—go for a walk or grab lunch. These short doses of sunlight can help keep your circadian cycle on track, which will actually make it less likely that your inner clock will get confused when you’re exposed to artificial rays from electronics or lightbulbs at night. After a couple of weeks of consistently soaking up lunchtime sun, Pardi says, you may notice that it’s easier to fall asleep at bedtime and wake up in the morning and that you feel peppier all day.

→ Prep for the afternoon slump

“The sleepy feeling you often experience after lunch is directly related to your circadian clock,” Dr. Paruthi says. Your cycle is split into two 12-hour sections, and your second wave of sleepiness peaks from 2:00 to 4:00 p.m., she explains. Because most people can’t sneak in a quick nap, Dr. Paruthi recommends ducking outside to take advantage of the last of the day’s energy-boosting rays. A quickie workout helps too. Also smart: eating a low-carb lunch, especially if you skimped on sleep. “Carbohydrates can exacerbate the natural dip in your body clock that occurs in the afternoon,” Pardi says.

→ **Dim the lights at dinner**

“Exposure to bright light at night goes against the body’s natural clock,” Dr. Paruthi says. Because your metabolism works in sync with your circadian cycle, this can throw off your hunger cues. In a study from Northwestern University, within 15 minutes of seeing blue-enriched light in the evening, people felt hungrier than they did in dim light, and their stomachs continued to growl for two hours after they ate. So hit the dimmer switch before sitting down to your meal.

→ **Lower lights even more three hours before bed**

This gives your SCN ample time to process the fact that it’s night and to start producing melatonin, Pardi says. You should minimize the amount of blue light that’s reaching your eyes. The trouble is, virtually all bulbs sold today are blue-toned. Look for ones that filter out blue light, like the **Saffron Drift Light** (\$25, drift-light.com), and place them in your bedroom and anywhere else you spend time at night.

Backlit electronics like your phone, tablet, and TV give off blue light too, and a host of recent studies revealed that those rays are enough to block production of melatonin. If you use these devices before bed and you want to really protect your precious sleep, Pardi suggests wearing orange-tinted glasses, like **Uvex SCT-Orange** (\$11, amazon.com), which block blue light. At the very least, dim the screen to its lowest setting and keep it about two feet from your face. Research found that when people did this, very little blue light reached their eyes.

→ **Skip a p.m. snack**

When your SCN registers that it’s night and is bumping up your pineal gland’s output of melatonin, that is the worst time to eat, Dr. Czeisler says. “Melatonin reduces the effectiveness of insulin, which helps your muscles absorb glucose from food,” he explains. “If you eat at night when melatonin levels are high, your blood sugar will spike higher than it does during the day. That can increase your odds of gaining weight and developing problems like prediabetes.”

→ **End the day with a bedroom blackout**

Your level of melatonin peaks in the middle of the night. But if you’re exposed to light right before you go to bed, your body’s output of the hormone is severely cut, research at Harvard Medical School found. Besides impairing your sleep, that shortfall can actually make you sick. Melatonin is an antioxidant that helps boost your immunity and has cancer-fighting properties. Luckily, the fix is simple: Before you turn in, draw the curtains, turn off all electronics, and maybe even put on a sleep mask to ensure that no light sneaks in between your lids—until tomorrow morning, of course. ★

*A truly good
thing anytime!*

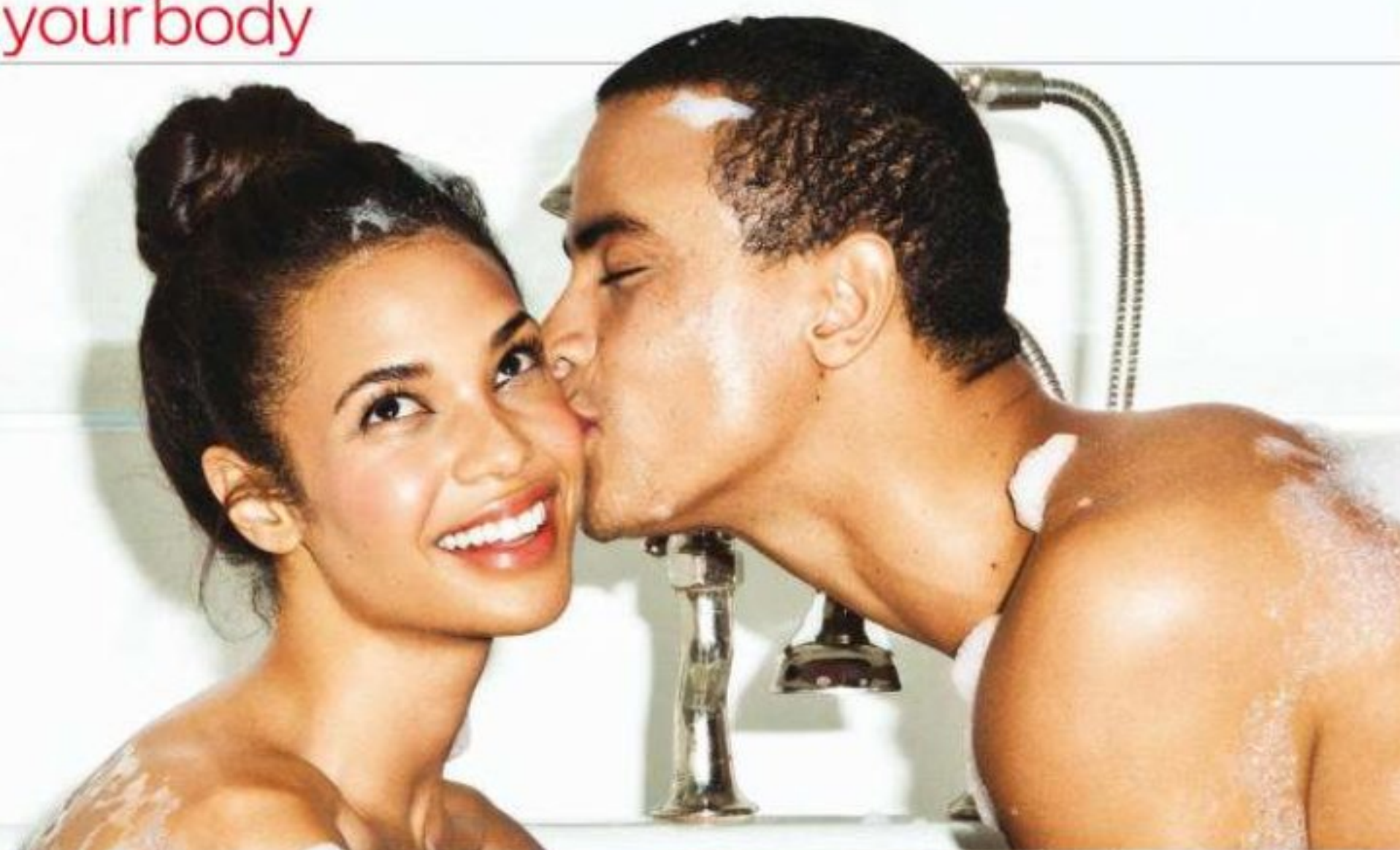


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Lelo Luna Beads Noir

An updated take on centuries-old ben wa balls, these weighted beads were designed specifically to be used during foreplay. Insert them and start heating things up with your guy. As you move, the beads rub against each other, making subtle feel-good vibrations. (\$45, lelo.com)

Sliquid Organics Stimulating O Gel

Rub it onto your clitoris (or ask your partner to) a few minutes before getting down to business. The peppermint oil stimulates blood flow, and the menthol causes a pleasurable tingling sensation. (\$18, sliquid.com)

Q&A

"LATELY I'VE BEEN FEELING CRAMPY AFTER SEX. WHAT'S HAPPENING?"

Your pelvic floor muscles could be to blame, says Sue Croft, a physiotherapist in Brisbane, Australia, who specializes in pelvic floor disorders. You've heard how important it is to strengthen these muscles—in order to get even more pleasure from sex and to prevent leaking, for example. Even so, they can become too tight, especially if you sit for hours at a time or do ab workouts frequently, Croft explains. Having sex strains the overly tight muscles and can cause cramping.

Getting out of your chair at least once an hour and balancing your ab workouts with yoga moves like cobra pose or happy baby pose will help stretch tight pelvic floor muscles and prevent this condition. Targeted breathing

will also help, says Leslie Howard, a pelvic floor yoga teacher in Oakland, California. Lie on your back and inhale deeply into your abdomen and pelvis for four to eight counts, hold for one count, and exhale slowly and evenly. Repeat for three to five minutes. This kind of belly breathing relaxes and elongates your pelvic floor muscles, relieving tension, Howard explains. She also suggests that before bed, you move into a downward dog pose, bending your knees slightly while keeping your tailbone lifted, to really stretch the area.

If the cramps get worse or more frequent, or if you start spotting, see your ob-gyn to rule out a more serious problem like endometriosis.

41%

Percentage of people who say they enjoy reading erotica. Women are especially big fans. It makes sense: Other research shows that the female brain is less responsive to visual stimuli (like porn videos) than the male brain. But erotic novels, such as our five passion picks below, offer a real mental thrill.

SOURCE: Adamandeve.com



Letting Go

by Maya Banks

(\$13, target.com). Newly widowed Josslyn tries to get over her grief by exploring her penchant for BDSM.

Crosstown Crush

by Cara McKenna

(\$11, amazon.com). One couple learns that bringing a third person into their bedroom is a little dangerous.

Story of O

by Pauline Réage

(\$10, amazon.com). In this iconic novel, O pushes her sexual boundaries to prove her undying devotion to a lover.

Stars of Fortune

by Nora Roberts

(\$12, amazon.com). Book one of Nora Roberts's new trilogy combines paranormal fiction with steamy romance.

Everything I Left Unsaid

by M.O'Keefe

(\$15, bn.com). After a chance meeting, Annie and Dylan embark on a dark, passionate relationship.

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OFF THE BEATEN PATH

There's no cell service at these hot springs, so you can check in and drop out.

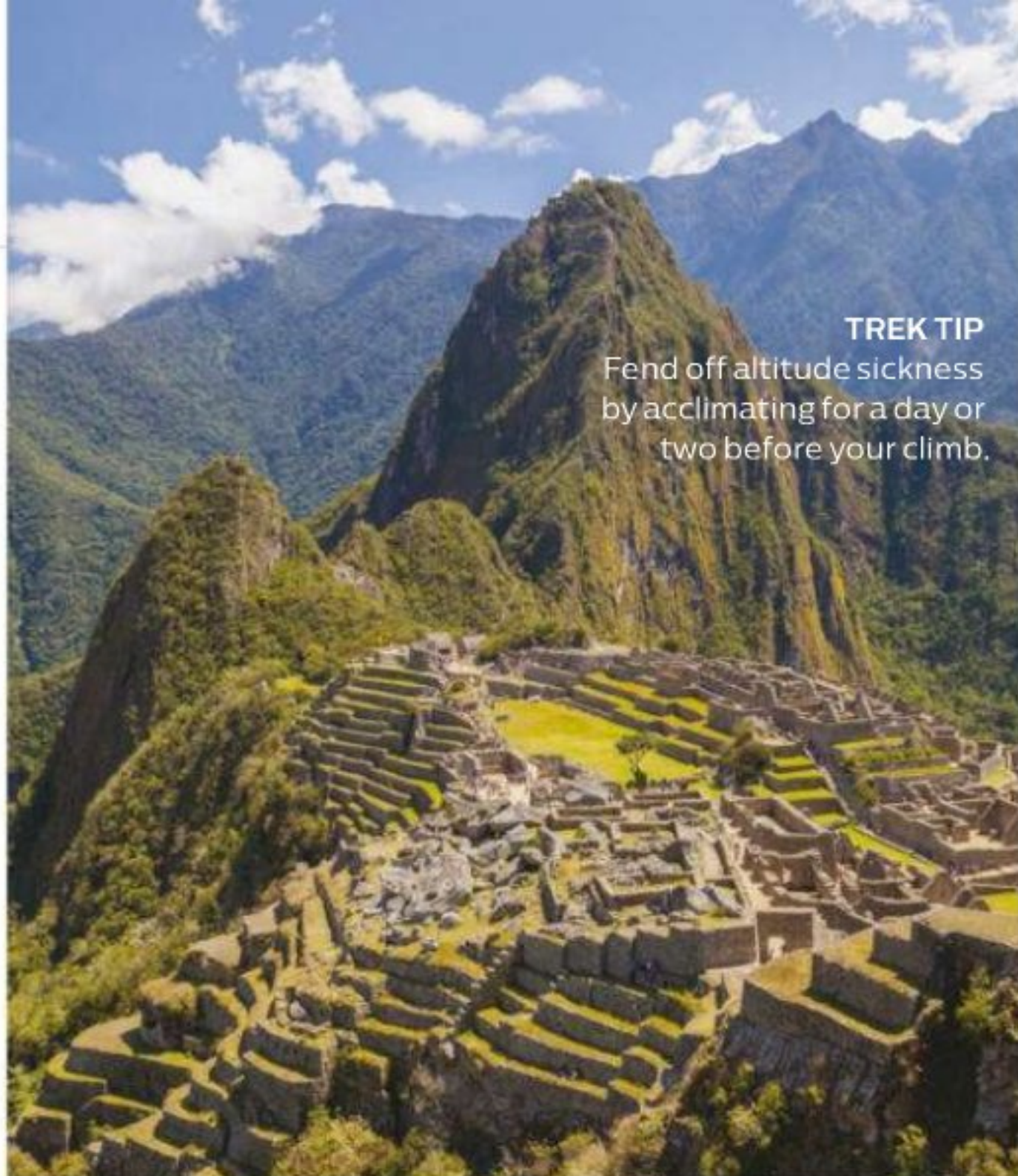
Down to earth

Take a trip that lets you lose yourself in the natural surroundings and you'll recharge and renew your body plus rewire your brain. By SARA ANGLE

↑ Dunton Hot Springs Dunton, Colorado

Hot springs have a long tradition of therapeutic use, and for good reason. Because they're warmed by geothermal heat from the earth's crust, their waters are packed with minerals naturally found in the surrounding soil, some of which have restorative properties. Iron and manganese, for instance, **soothe achy muscles, soften skin, and promote relaxation**, and calcium bicarbonate widens blood vessels to improve circulation. At Dunton Hot Springs, in a remote 19th-century mining town turned chic rustic resort, you can soak year-round. Between dips, take a guided tour of Mesa Verde National Park, where you'll see an ancient village carved into a cliff. In the winter, snowshoe around the property while a guide teaches you about wildlife. (From \$700 a night, including food and beverages, duntonhotsprings.com)

There are those vacations that include glamorous cities with fancy cafés. And they're awesomely fun. Then there's travel that totally reorients the way you approach life, in the most refreshing way. That's what we're talking about here. These are the trips that involve immersing yourself in nature, experiencing a sort of bond-with-the-earth moment (excuse the hokeyness), and getting out, *far* out, of your head. "Taking the time to truly appreciate a powerful natural phenomenon, such as a cascading waterfall, helps you break free of stale thinking and fosters a new level of awareness," explains Chloe Carmichael, Ph.D., a psychologist in New York City. The key is to really dive into your destination. "Fully absorbing the natural place is what helps change your perspective," Carmichael says. Here, five spots that make it easy to tune in to the world around you and tune out the noise.



TREK TIP

Fend off altitude sickness by acclimating for a day or two before your climb.

↑ Sumaq Hotel

Machu Picchu
Pueblo, Peru

Start planning your once-in-a-lifetime trip to Machu Picchu now. Whether you reach the famous site on foot or by bus or train, you'll leave with a newfound appreciation of the local culture. To deepen your connection to the historic site, stay at the Sumaq Machu Picchu Hotel, located at the foot of the mountains surrounding Machu Picchu. There, you can **participate in a traditional Payment to the Earth** ritual led by a shaman. The Incas believed that everything lives in harmony with the earth, but that the stressors of daily life can disrupt that bond. The ceremony, which involves thanking Pachamama, or Mother Earth, is meant to help you reconnect with the land—a pretty easy feat when you're in such an awe-inspiring locale. (From \$435, machupicchu-hotels-sumaq.com)

The Homestead

Glen Arbor, Michigan

Conquer the Dune Climb at the secluded Sleeping Bear Dunes National Lakeshore, a strenuous 260-foot hike to a natural sandy summit. It's worth it, not just for the glute workout the soft surface offers, but also for the **incredible views of Lake Michigan**—plus total peace and quiet as you drink it all in. Drag your tired muscles back to the Homestead resort, located just steps from Sleeping Bear, for a massage at the property's Spa Amira. (From \$89 a night, thehomesteadresort.com)

DAY GLOW

Bask in the sun's rays during outdoor boot camp, trail runs, or yoga.



↓ Ojai Valley Inn and Spa

Ojai, California

Just outside the bright lights of Los Angeles, the Ojai Valley is home to its own special glow. It's one of the only places in the world where you can experience the Pink Moment, a natural occurrence that turns the sky, clouds, and landscape neon pink at dusk, thanks to the Topatopa Mountains, **one of the few ranges in the United States that runs east to west** rather than north to south. Look to the east to see the setting sun's rays catch just so on the peaks, imbuing everything with a brilliant rosy hue. For the best views, stay at the Ojai Valley Inn and Spa, which offers mountain-facing rooms and suites. Or grab a seat at the resort's outdoor bar and order a sunset-themed cocktail. When the light fades, you can stay to watch the moonrise—or turn in early so you can catch sunrise yoga the next morning. (From \$309 a night, ojaioresort.com)



FOOD FOR THE SOUL

Fuel up for daily yoga with locally grown ingredients.

↑ The Retreat

Altos del Monte,
Costa Rica

Eat dinner (and breakfast and lunch) directly from the earth at the Retreat, a tranquil hillside resort, where executive chef Heather Hands crafts **locally grown superfoods like coconut, avocado, cacao, and turmeric** into exquisite feasts using native techniques she developed while living in the Costa Rican jungle with an indigenous family. During your stay, you'll learn about where the food you're served comes from and how to prepare and cook native produce to maximize the flavors and nutrients. (From \$275 a night, theretreatcostarica.com) ★

The big divide

You've lost weight and gotten healthy; he hasn't. And that's creating major problems between you. Here's how to navigate this tricky situation and come out stronger and happier.

By COURTNEY RUBIN



His bad habits can come back to bite you.

This is how weight loss is supposed to work: You lose a lot of pounds, you feel amazing, and your partner is more enamored of you than ever. But what really happens is much different if your guy is still eating and drinking whatever he wants and hasn't been to the gym in months. In that case, ending the tug-of-war between your new healthy lifestyle and his not-so-healthy one is complicated.

I know this because I lived through it several years ago. After I worked hard to lose 80 pounds, my relationship with my boyfriend, Pete, started to get weirdly tense. One night, a chocolate tart he brought home sparked a fight between us that had been brewing for a while.

I had tried to refuse a piece of the tart nicely. "Why can't you share dessert with

me?" Pete asked, annoyed, as we glared at each other. My weight maintenance did include the occasional dessert, of course, but I'd been eating too many of them recently, and frankly, I could live without chocolate tart. It had taken a long time to train myself out of the habit of eating something I didn't want just to be polite or because it was there.

But Pete wasn't content with a "no, thanks." In his view, he'd done something thoughtful, and I was spurning it. We both went to bed angry. And that was just one of the many things we clashed over. Though he'd been a college athlete, Pete had stopped working out, something I did religiously five mornings a week. It became more and more of a struggle for me to exercise because Pete

was always trying to convince me to stay in bed for a few more minutes. He also chose to eat as if he were still burning calories like a college athlete—potatoes were his favorite vegetable, and he slathered butter on everything. Obviously, I couldn't eat that way, and it was tough to be tempted constantly.

Relationship problems that erupt after one partner loses weight and the other sticks to his or her bad habits are far more common than most people realize, researchers say. In fact, a 2014 study at North Carolina State University found that when one partner lost at least 30 pounds, many couples experienced negative consequences, including arguments over food, nagging about diet and exercise, and annoyance about the time



consumed by workouts and food prep.

This is such a contentious issue because even small disruptions in a relationship's routine force us to adjust our expectations and sometimes our behavior, experts say. "Every relationship is a closed system," explains study coauthor Lynsey Kluever Romo, Ph.D., an assistant professor of communication at North Carolina State. "We have a certain understanding of how things will be. When one element changes, it throws everything off and can create conflict. People think, I signed up for wings and beer, not for this."

Of course, compromise is a given in any romantic relationship. Couples have to resolve plenty of issues, such as moves and job changes; weight loss is

just another one to tackle. Here's how to work things out with your guy without sacrificing your new lifestyle.

Tell it like it is

First and most important, make sure he understands why you lost the weight. He may be secretly worried that you're ready to ditch him for another man now that you're slimmer and more gorgeous than ever. Make it clear to him that your new habits are about your own well-being, not about dissatisfaction with your relationship. "You lost the weight to get healthier, feel good, and live longer, and those are some of the most important reasons there are, period," says Charlotte Markey, Ph.D., a professor of psychology at Rutgers University, who is studying weight loss in couples. Tell him that, and it should set his mind at ease.

Keep your eyes on the prize

As much as you might want to turn your guy into your exercise buddy, you can't do that unless he's open to it. "Trying to force someone to be healthier almost never works," says Judith S. Beck, Ph.D., the president of the Beck Institute for Cognitive Behavior Therapy and the author of *The Beck Diet Solution*. "He knows he should exercise and eat less. He doesn't want to, or he would have done it already." Better for you to accept him the way he is, Beck says, and focus on your own goals. With any luck, he'll eventually be inspired by your achievements and decide to join you.

Don't assume he's trying to sabotage you

He brought home ice cream again. It might seem like he's out to tempt you, but in fact, he may have no hidden agenda. After all, he hasn't been on a diet thinking about weight loss 24/7, as you have, so he's not used to carefully considering every food he buys. If he *did* do it on purpose, accusing him of that makes it tough to have an honest conversation because he'll be on the defensive and you'll be looking for evidence that you're

right instead of really listening to what he has to say, Romo explains.

Instead of demanding "Are you trying to make me fat again?" go with "I noticed you've been bringing home ice cream a lot lately. You know I'm trying not to eat that, and having it in the house makes it really hard for me to stick to my diet. Can we talk about this?" Then ask him why he's buying the treat. If he says he simply wants ice cream, suggest that he choose a single-serving size from now on. But if he admits that he's doing it in the hope that you'll eat it with him, Romo advises asking him how he really feels about your weight loss. Say something like "I get the sense that you aren't a fan of my losing weight. Is there any truth to that?" He may be feeling left out or neglected because you're spending a lot of time at the gym. Remind him of your reasons for slimming down and take the opportunity to brainstorm foods you can eat together and both enjoy.

Compromise a little . . .

If you ask him to keep chips out of the house, reciprocate by letting him choose what's for dinner. He wants pizza? Fine. Keep your portion healthy by adding a salad and sticking to one or two small slices. If he says he wants to see a movie, great; just tell him that you need to do your workout first, and then the two of you can hit the multiplex. Pete and I declared a truce by agreeing that we would have dessert in restaurants only, so it wouldn't be around the house. If I decided I didn't want any, I would order tea so he wouldn't have to eat alone. It's all about meeting in the middle.

. . . But know when to stand your ground

That said, when negotiating with your partner, whether it's about carving out time on Saturday to fit in a workout or deciding what restaurant to go to, be sure to keep your own interests foremost in mind, Beck says. "In order to avoid a fight, women will sometimes think, He's upset; I guess I'd better do things that



TIP

Compromise. He can bring ice cream home as long as he buys a single-size serving.

Realize that sometimes you can't work it out

If he continues to be difficult, it may be time to consider whether you really want to be with a man who needs to control you. Know, too, that you're not alone: Some couples in the North Carolina State study split up because of weight-loss issues. "Why would you want to be in a relationship in which you're not supported and encouraged to be healthy? If he's annoyed that you're taking care of yourself, what does that say about him and how much he cares about you?" says therapist Karen Koenig, the author of *Nice Girls Finish Fat*.

If you come to the conclusion that he's just not going to be there for you, walking away may be preferable, as hard as that is to do. "If he can't get on board or at least be supportive of you, I think there's a really deep-seated problem in the relationship," Markey says. "In that case, you need to do what's smartest and healthiest for you." ★

will make him happy," she explains. But if you approach it that way, it means you'll eat his french fries when he pushes them on you and stay home watching the game when you really want to be out running, and you'll resent him for it. Instead, if you tell yourself, "This is incredibly important to me; I know he's unhappy, but he'll get over it, and this is part of the give and take of a relationship," then you'll be more likely to do what's right for you, Beck says. "Aim for a solution that allows you to stick with your new habits—hopefully one that he can get behind, too."

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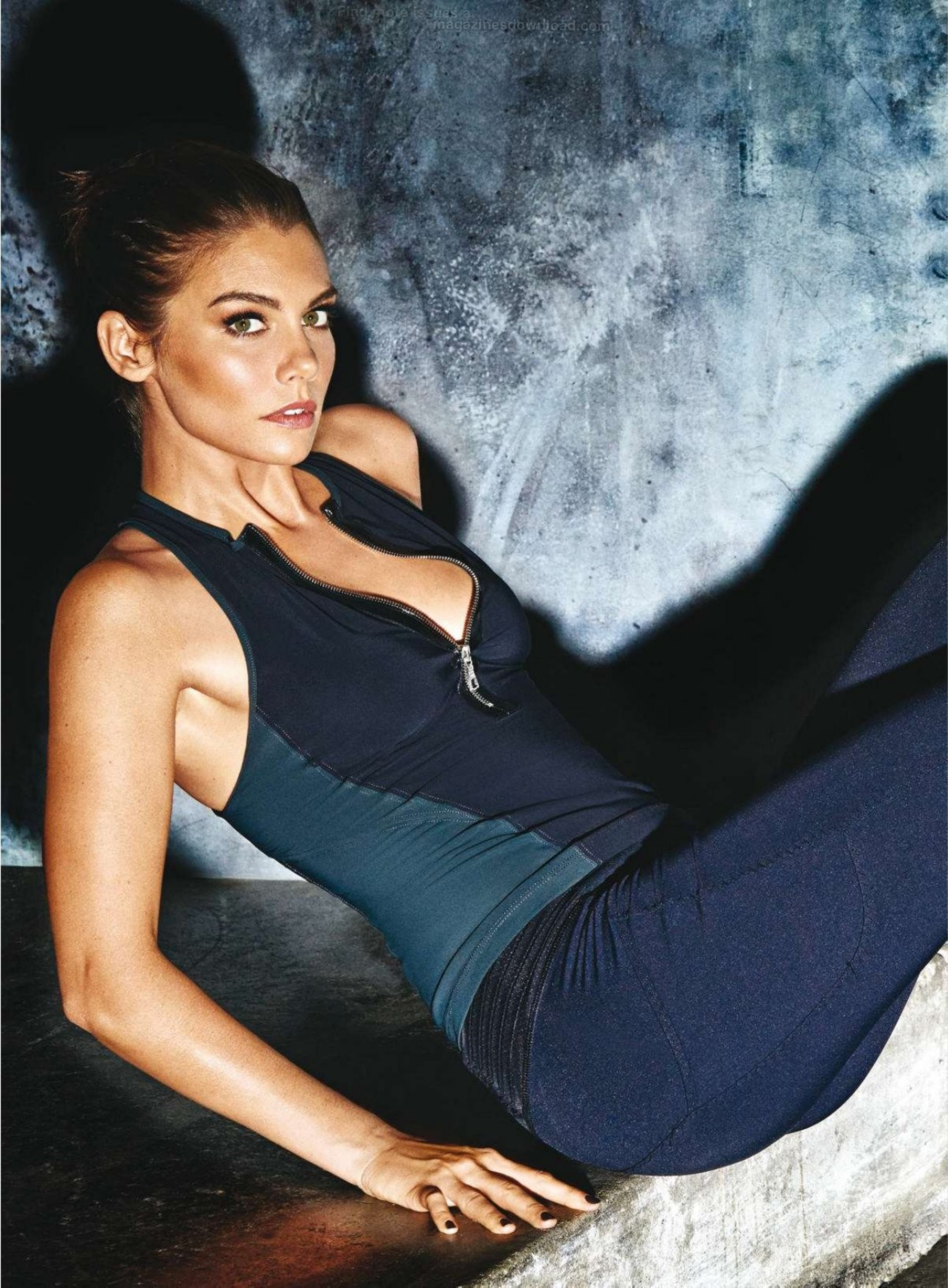
SHAPE

Think about it

THE GOOD YOU DO FOR YOURSELF. What is your definition of pampering? For sure, there's the bliss factor of indulging in a rich and decadent dessert, a lazy afternoon, some awesomely fabulous TV....

But consider: If the endgame of indulging is to reach euphoria, then we should also define healthy stuff—clean, fresh food; intense workouts—as being equally hedonistic as glorious fat, sugar, and *Walking Dead* marathons for the gratified, happy-as-hell way it makes us feel. These pages demo:

Our **Shape Slim Down** (page 134) is a workout-and-eating plan designed to grant you your every desire: to feel fit, trim, energized, confident, invincible, and overall incredible, both physically and mentally. The sensation you get when goals are met, muscles are spent, and an exercise high is cranking is one seriously indulgent state of being. The accompanying recipe story, *Easy, Healthy, Slimming* (page 148), offers an antidote to the heavy food that has been piled on your plate over the recent months, with light, vibrant dishes that are just as luxurious in how they look and taste. This is modern pampering. Dive in. Indulge.





LAUREN COHAN FINDS HER EDGE

All that zombie fighting she does in *The Walking Dead* isn't much different from how Lauren Cohan takes on a workout: The woman goes in for the kill. But body confidence didn't always come easy to her, Lauren says, and she fully credits exercise for conquering her self-doubt—plus a bunch of bullies (she explains).

By Pam O'Brien | Photographs by James Macari

Lauren Cohan does *not* like to miss a workout. Her days on set can start as early as 4:30 a.m., and still the exercise diehard gets in a 20-minute (at the very least) sweat session beforehand, even if it means going to bed at 7:45 the night before. “When I don’t exercise in the morning, it’s a completely different day than when I do,” explains Lauren, 33, who stars in the horror movie *The Boy*, hitting theaters on January 22. “Working out gives me endorphins and makes me happy. I need it!” Lauren has five other rules she lives by, all equally designed to make her fit and healthy. You’ll want to listen in.

Move. Then move some more.

“I am the queen of exercise variety. This week I was in L.A. and I took a Pure Barre class, went to Burn 60 [an interval workout class] twice, ran the track at UCLA, made it to the gym, and took a yoga class. I also really love to dance. I dance through workouts that aren’t even about dancing! At home, all my furniture is pushed to the edges of my living room so that I can dance around the room.

Working out is harder when we’re on set. We film in Georgia, and I can’t go to classes. So I do exercise DVDs that have a lot of leg lifts, kicks, arm lifts—things that don’t need equipment. And I move all the time. I take the stairs, I do press-ups between scenes, and I do sit-ups before I eat lunch.”

Rely on fast food

“On Sundays I chop up tons of vegetables and make three or four Mason jars’ worth of dressings, and I throw dishes together at random during the week. With my schedule, it makes it so much easier to have things ready to go in my fridge. I eat healthy. But I splurge, too. My favorite is Justin’s Dark Chocolate Peanut Butter Cups. I’m obsessed with them!”

Never go the easy route

“I like a challenge. I get such a sense of satisfaction when I push myself beyond what I thought I could do. That’s what any HIIT or interval training does for me. If I sprint at 9.5 for two minutes, I feel really good.”

Body shaming: Don’t tolerate it from anyone— most of all yourself

“I was very skinny as a kid, but when I was swimming and playing field hockey and just having fun, I never worried about how I looked. In my teens, though, I started to be more aware of my body, and I didn’t like being skinny. People made fun of me for it. So when I got to college, I ate a lot of junk and I gained weight. I loved it because I didn’t stand out as a bony girl anymore! Eating became a way of not getting attention for looking too skinny, but it was also self-sabotage. In the last few years, I’ve gotten back on track with exercising for fun and eating right, and now I’m in a happy place with myself.”

Know when you need to just do nothing

“My brain is hyperactive; I probably would have been diagnosed with ADD as a kid if that had been a thing back then. I can also be really hard on myself. So every once in a while, I need to do a 10-day meditation retreat. I go to a place where you don’t bring your phone and you don’t talk to other people—you just meditate. It’s the most difficult thing I’ve ever done, but it’s so worth it. It helps me chill out, stay in the moment, and stop worrying about the future.”

**LAUREN
LETS LOOSE**
HER LIFE ISN’T
ONLY ABOUT
INTENSE
WORKOUTS AND
TOUGH ROLES.

“I’m very silly. At four o’clock on the dot every single day, I have the most hyperactive hour of my life. I go into 7-year-old-child mode and everything is funny to me. I have seven different voices that I do, and I’ll fly around the set like a bee and talk in my little voices.”

“I never eat alone. I once read a book that said eating with friends is good for your brain and your digestion. So if I’m by myself, I facetime a family member or a friend for company when I’m eating.”

“I do impulsive things. Sometimes I’ll go to the airport without a plan. I love to just take trips on the same day, spur of the moment.”

“I don’t have nightmares, even though my work means I’m constantly in darkness. I’m an insanely heavy sleeper. I sleep like the dead! No joke intended.”



FIT FASHION

This page: **Nasty Gal** bodysuit (\$48, nastygal.com). **Rendor & Steel** earring (\$415, rendorandsteel.com). **Lauren's** own boots. Pages 128-129: **J Brand** top (\$118, jbrandjeans.com). **Bandier x Vimmia** leggings (\$123, bandier.com).

A full-page photograph of a woman with her hair in a bun, wearing a black leotard and black boots. She is pulling on two thick, horizontal ropes against a metallic, riveted wall. Her body is angled away from the camera, but she is looking back over her shoulder. The lighting is dramatic, casting long shadows.

LAUREN'S WORKOUT PLAYLIST

Lauren loves exercising to music so much that she put together her fitness playlist before we even asked for it. These are the 10 songs that rock her routines.

"Wake Me Up"
Avicii

"9 to 5"
Dolly Parton

**"Love Will Keep
Us Together"**
Captain & Tennille

"Running on Empty"
Jackson Browne

"Honky Cat"
Elton John

"Suspicious Minds"
Elvis Presley

"A Real Hero"
College, featuring
Electric Youth

"Live and Let Die"
Paul McCartney
and Wings

**"Funkier Than a
Mosquito's Tweeter"**
Nina Simone

"Shine"
Benjamin Francis
Leftwich

FIT FASHION

This page: **T by Alexander Wang crop top** (\$165, similar styles at intermixonline.com). **Reebok leggings** (\$100, Bandier stores). **Diesel boots** (\$260, shop.diesel.com). Opposite page: **Nasty Gal dress** (\$48, nastygal.com). **Miansai bracelet** (\$200, miansai.com).





THE
SHAPE
SLIM DOWN

When it comes to dropping pounds, you need to know the hard facts about how diets work—why certain habits will help you in the long term and others will come back to haunt you. The obvious truth is, slimming down isn't fun, but it doesn't have to be hell either if you just stick to some smart, legit strategies. Learn these tenets and long-term success will follow. For real.

By Beth Janes

The 10 RULES of WEIGHT LOSS THAT LASTS

BEFORE YOU EVEN BEGIN to attack a weight-loss plan, it pays to remember this: *You* are not fat. You *have* fat. Losing weight isn't about blame or shame; it's simply another achievement to accomplish, like training for a race or finally cranking out 10 push-ups. Getting emotional about it or putting too much pressure on yourself makes the process even harder and ends up sabotaging your efforts. "Dieting is like any other skill—you have to buckle down and work at it," says therapist Deborah Beck Busis, Ph.D., the diet program coordinator at the Beck Institute for Cognitive Behavior Therapy and a coauthor of *The Diet Trap Solution*. "As long as you act in a smart, reasonable way, you'll ultimately get where you want to be."

Once you stop beating yourself up about the extra pounds you've put on and ditch the drama of unrealistic expectations, you can focus all your energy on getting the job done. To help you reach your goal weight and maintain it, we examined the latest research and talked to top experts to compile the 10 weight-loss tenets that have been proved to deliver results. We promise they will work for you. →

“The worse the quality of a diet or the more restrictive it is, the more you end up burning precious muscle to supply energy,” says Louis Aronne, M.D., a professor of metabolic research.

1. It's not a diet. It's a lifestyle.

“Thinking of a diet as something you're on and suffering through only for the short term doesn't work,” Beck Busis says. To shed weight and keep it off, you need to make permanent changes to the way you eat. It's OK to indulge occasionally, of course, but if you cut calories temporarily and then revert to your old way of eating, you'll gain back the weight quicker than you can say *yo-yo*.

Use it to lose it. Research shows that one of the best predictors of long-term weight loss is how many pounds you drop in the first month, says John Apolzan, Ph.D., an assistant professor at the Ingestive Behavior Lab at Louisiana State University's Pennington Biomedical Research Center. It makes sense: Immediate results are motivating. For that reason, nutritionists often suggest being stricter for the first two weeks of your new eating strategy to build momentum. Cut out added sugar and alcohol and avoid unrefined carbs. “After that, ease small amounts of those foods back into your diet for a plan you can live with for the long term,” says Wendy Bazilian, R.D.N., a nutritionist and an exercise physiologist in San Diego and a coauthor of *The SuperFoodsRx Diet*. “Figure out how you can reincorporate them in a way that's healthy and maintainable,” adds Brooke Alpert, R.D.N., a nutritionist and a coauthor of *The Sugar Detox*. “Establish specific goals, such as setting a maximum number of drinks you'll have a week or limiting pizza to one slice.” Schedule one weekly indulgence to look forward to, and give yourself one spontaneous splurge to use whenever you really want it, Bazilian suggests.

2. There's a right way to exercise.

Working out burns calories and fat and boosts your metabolism by building muscle. But those trying to lose weight are notorious for overestimating the number of calories they burn and underestimating the amount they take in. Unfortunately, your system is biologically programmed to hold on to extra pounds, says Louis Aronne, M.D., a professor of metabolic research and the director of the Comprehensive Weight Control Center at Weill Cornell Medicine. That means when you start exercising, your body senses the deficit and ramps up its hunger signals, according to a review of weight-loss studies. If you're not diligent, you'll eat everything you burn and then some.

Use it to lose it. Cardio gets all the exercise glory, but strength and interval training are the real heroes. They help you build lean muscle, which in turn increases your metabolism and calorie-

burning ability, says Lance Dalleck, Ph.D., an assistant professor of exercise and sport science at Western Colorado State University. His advice: Every week, strength-train two to three days. For the best results, also do three to five cardio sessions that burn 250 to 400 calories each. (For some great workouts, check out our top calorie-crushing moves in “The Super 7” on [page 138](#).)

3. Don't overreact to mild hunger.

Some women have a hard time losing weight because of hunger anxiety. To them, being hungry is bad—something to be avoided at all costs—so they carry snacks with them and eat

when they don't need to, Alpert explains. Others eat because they're stressed out or bored. While you never want to get to the point of being ravenous (that's when bingeing is likely to happen), a hunger pang, a craving, or the fact that it's 3:00 p.m. should not send you racing for the vending machine or obsessing about the energy bar in your purse. Ideally, you should put off eating until your stomach is growling and it's difficult to concentrate, Alpert says.

Use it to lose it. When you feel the urge to eat, use the HALT method, Bazilian suggests. Ask yourself, Am I really *hungry*? Or am I *angry* or *anxious*, *lonely* or *bored*, or *tired*? If you're still not certain, try the apple test. “If you're truly hungry, an apple should seem delicious; if it doesn't, something else is going on,” says Robin Frutche, a behavioral therapist at Johns Hopkins University Weight Management Center. In that case, give yourself a pep talk instead of a snack. “If hunger isn't the problem, food isn't the solution,” Beck Busis says. “There are a lot of other ways to deal with boredom or anxiety—like going for a walk, hitting the gym, or texting a friend—and those things have zero negative consequences.”

4. Not all calories are created equal.

The mechanics of weight loss are pretty simple: Take in fewer calories than you use for energy. But the kind of food you eat makes all the difference. “A calorie is not just a calorie,” Dr. Aronne says. Processed food that's high in saturated fat and refined starch or sugar can cause inflammation that disrupts the hormone signals that tell your brain you're full, he explains. The result: You eat a lot more. Plus, studies show that junk food can be addictive; the more you eat it, the more you need to get the same feel-good effects. “One handful of potato chips won't cut it any longer, so you keep eating and eating,” Frutche says.

THE TRUTH ABOUT WHOLE GRAINS

They have more fiber than refined grains, so they're better for you, but they won't help you lose weight. Whole-grain bread, cereal, and pastas have roughly the same amount of calories as their more processed counterparts and are as easy to binge on, says Caroline Apovian, M.D., of the Boston Medical Center. Keep your total grain intake to about three servings a day, which is a half cup of pasta, a cup of cereal, and a slice of bread.



5 FOODS THAT HELP YOU LOSE WEIGHT

→ **SOUP** Because the noncreamy kind tends to have more water, it fills you up for few calories, says Wendy Bazilian, R.D.N., a nutritionist and an exercise physiologist. Research shows that having soup before lunch reduces the total number of calories you'll eat during that meal by 20 percent.

→ **NUTS** Your body doesn't absorb all the fat or calories in nuts, experts say. (The reason has to do with the way they're digested.) The fat you do get is combined with protein and fiber, which is a super-satiating trio. Studies show that people who eat hundreds of calories' worth of nuts a day slim down successfully.

→ **BEANS** The fiber and protein in beans keeps your blood sugar levels stable and creates a feeling of fullness. Those who include beans in their diet lose more weight and have smaller waists than those who don't, according to research.

→ **YOGURT** It's rich in protein and calcium, which may help your body burn fat and also prevent you from absorbing some of the fat from other foods you eat. In addition, yogurt is packed with probiotics, which research suggests may make your gut bacteria healthier and keep you from putting on extra pounds.

→ **AVOCADO** The high content of healthy fat in this fruit gives it a creamy mouthfeel, so it's extra satisfying to eat. It's also loaded with fiber, so you stay full longer.



Use it to lose it. Clean up your diet. Swap in whole, unprocessed foods, including vegetables, lean protein, and healthy fats that will fill you up and give you the biggest nutritional bang for your calorie buck. In a few weeks, as your brain starts receiving regular hunger and fullness signals once again, you'll notice that you feel less hungry overall and naturally start cutting back on the amount you eat, Dr. Aronne says.

While you're at it, log each meal. Keeping a daily food diary (there are tons of apps for this) leads to significant weight loss because it makes you accountable, research shows. One study published in the *American Journal of Preventive Medicine* found that people who kept daily food records lost about twice as much weight as those who didn't.

5. Protein, produce, and plant-based fats are your weight-loss trinity.

Here's why eating the three Ps regularly will help you drop pounds.

Protein fills you up. You need it to build lean muscle, which keeps your metabolism humming so that you can torch more fat, Dr. Aronne says. People in a weight-loss program who ate double the recommended daily allowance for protein (about 110 grams for a 150-pound woman) lost 70 percent of their weight from fat, while people who ate the RDA lost only about 40 percent, one study found.

Produce is packed with filling fiber. "It's very difficult to consume too many calories if you're eating a lot of vegetables," says Caroline Apovian, M.D., the director of the Nutrition and Weight Management Center at Boston Medical Center and the author of *The Age-Defying Diet*. Case in point: Three cups of broccoli is a lot of food, yet only 93 calories. (Fruit is another story. It can be easy to overeat and can contain

a lot of calories from sugar, so be sure to monitor your intake.)

Plant-based fats like olive oil and those in avocados and nuts are healthy and extra satiating. "Low-fat diets make people irritable and feel deprived because fat tastes good and keeps you full," Dr. Apovian says.

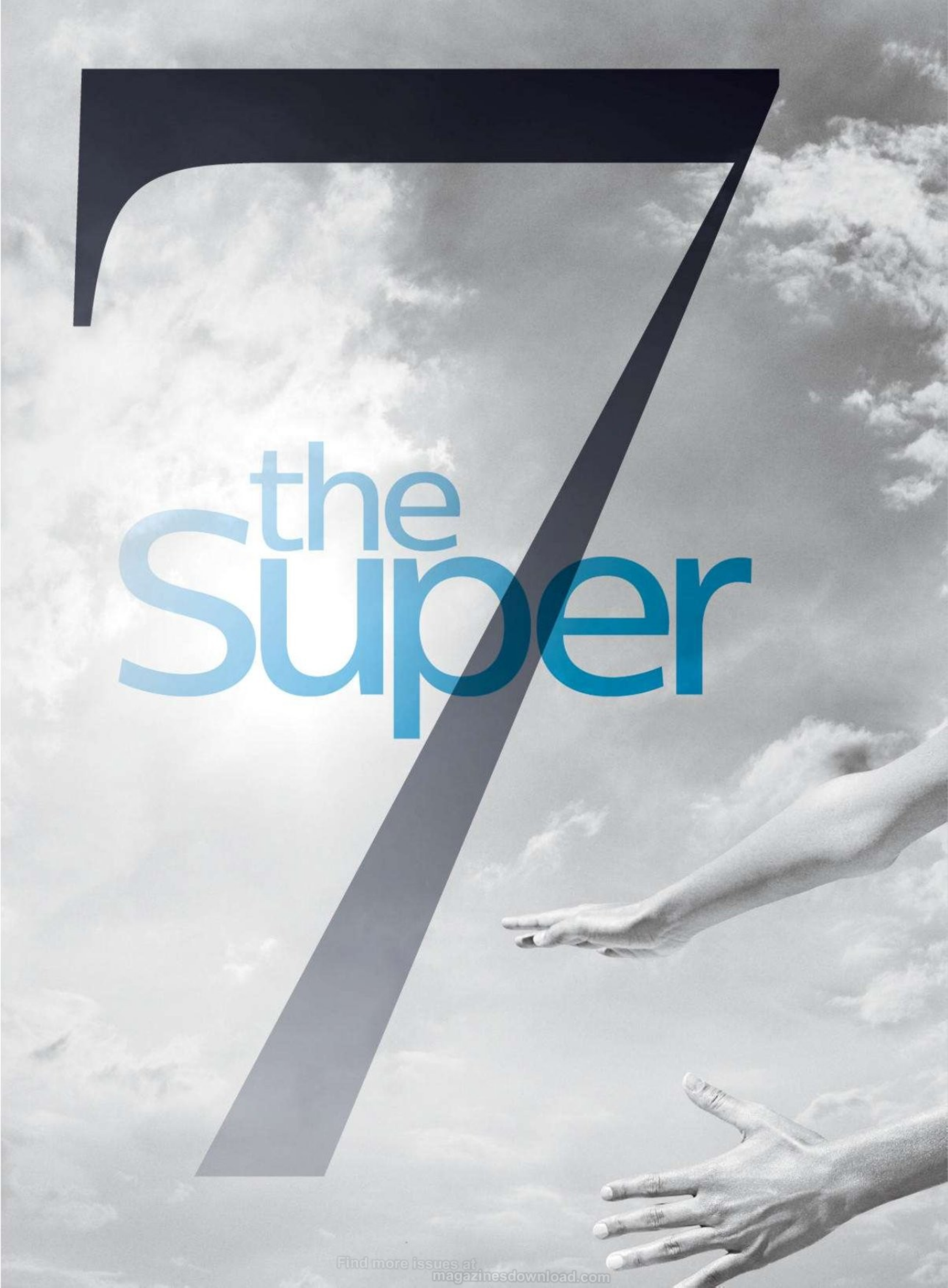
Use it to lose it. Aim to incorporate each of the three Ps into every meal and snack. People who eat protein throughout the day are able to keep weight off, according to a study in the *American Journal of Clinical Nutrition*. In addition to meat, poultry and seafood, good sources are beans, lentils, eggs, tofu, and yogurt. As for fat, keep portion sizes in check by measuring out salad dressing, oil, and nut butters (shoot for one to two tablespoons). Finally, eat veggies or a little fruit at every meal. People who did that consumed 308 fewer calories but didn't feel any hungrier than when they didn't eat more produce, a study in the journal *Appetite* noted.

6. Meal skipping, juice fasts, and crash diets will backfire. Always.

When you lose weight on a fast or a crash diet, you don't learn to eat healthier, adjust your portion sizes, or deal with whatever is triggering your overeating in the first place, so the pounds quickly return, Frutchev says. The physical damage goes deeper. "The worse the quality of a diet or the more restrictive it is, the more you end up burning precious muscle to supply energy," Dr. Aronne says. "You're losing muscle instead of fat, so the weight loss is just an illusion of success."

Use it to lose it. Depending on how much weight you need to drop and how much you currently eat, try to cut 500 to 1,000 calories a day through both diet and exercise, Frutchev

Continued on page 157



the Super



Here they are: the biggest
calorie-melting moves
you can do. Expert chosen,
lab tested, these champion
burners and firmers will
knock off the pounds, jolt your
routine, and revamp
your body in record time.
How's that sound?

By Jaclyn Emerick
Photographs by Warwick Saint

A black and white photograph of a woman with long, dark, wet hair performing a plyometric push-up. She is wearing a dark, strapless sports bra and leggings with horizontal stripes. Her hands are clasped together on the ground, and her body is in a low, explosive position. The background is a bright, cloudy sky. The image is oriented vertically, with the woman's head at the top and her feet at the bottom.

PLYO PUSH-UP

Make your push-up go airborne and you'll boost its benefits. Launching your upper body requires more muscle power and effort from your heart. But it's a toughie, so before you try, make sure you can do three to five classic push-ups with textbook form.

Bend your elbows slightly when you land to absorb some of the impact.

Warm up with a set or two of regular push-ups first. A good goal is to try to get through two to three sets of three to five reps, Olson says.

How to nail it: Start on the floor in plank on your palms. Push into palms to explode body off floor (feet stay planted), clapping hands if possible. Land in start position with elbows soft. Repeat.

burns **9** calories
/minute

THESE MOVES WILL CHANGE YOUR WEIGHT-LOSS GAME. THEY ARE THE REAL DEAL, THE BODY-WEIGHT EXERCISES THAT WILL NOT ONLY BLOW THE ROOF OFF YOUR TYPICAL WORKOUT'S CALORIE BURN, BUT ALSO BUILD THE LEAN MUSCLE YOUR METABOLISM NEEDS TO STAY REVVED DURING THE OTHER 23 HOURS OF THE DAY.

This list was 25 years in the making. That's how long physiologist Michele Olson, Ph.D., a *Shape* advisory board member and a professor at Auburn University at Montgomery, has been studying exercises in the lab. Using a device called a metabolic cart—each tester is fitted with a respirator-like mask that is attached by a tube to the high-tech cart—Olson is able to quantify in calories the effort it takes to perform any exercise. “I use a computer program that lets me see exactly how much oxygen is being used,” she explains. “For every one liter of oxygen consumed by your muscles, five calories are burned.”

The computer converts that info into METS (metabolic equivalents of task), the units that are used in the calorie-burn formulas of apps, trackers, and treadmills to calculate your calorie totals based on your specific body weight. Simply put, a MET is the measure of how much energy is required to complete a physical activity. Think of it like this: If one MET is equal to sitting on the bus, then 10 METS is equal to sprinting to catch the bus.

Olson also monitors muscle activity during each movement with electrodes she places on various body parts. “The voltage produced by the muscles is sent to a separate computer that tracks each contraction,” she says. (That's how we

Burn, baby, burn!

know these exercises are serious sculptors as well.)

Hundreds of tests analyzing dozens of exercises later, the seven moves shown on these pages are the standouts for their ability to burn calories without using a single piece of equipment. You can mix and match them for a fast-and-furious routine or throw one or two into whatever workout you're doing for the day. (We'll tell you how.) Either way, in order to get the biggest burn, you have to give your all. “If you're breathless and feel your working muscles have turned to jelly after 10 reps or by 30 seconds, that's a good indication you're there,” Olson says. And your slim-down goals? They're finally within reach.

FIT FASHION

Daquini sports bra (\$89, daquini.com).
Athleta leggings (\$79, athleta.com).
Nike sneakers (\$110, nike.com).



HIGH-KNEES SPRINT

Run in place as fast as you can, pulling your knees up as high as you can. "It's so fast-paced that it shoots your heart rate up in seconds," Olson says.

That's because you have to call on your big glute muscles to hoist your legs and keep you moving quickly, she explains. And don't let your arms just swing. Pump them with all the power you can manage. That will help you pull your knees higher and activate upper-body muscles, turning this into a total-body all-in-one workout.

Olson says to do this sprint in bursts so you can reset between sets to hit each one a little harder. Do 30-second rounds after each tone-up move in your workout, or start a session with four or five rounds of 30-second sets.

How to nail it: Run in place, pulling your knees toward your chest and vigorously pumping bent arms.

burns **12** calories/minute

FIT FASHION

This page: **Lorna Jane bra top** (\$70, lornajane.com). **Onzie leggings** (\$84, onzie.com). **Nike sneakers** (\$150, nike.com). Opposite page: **Fabletics sports bra** (\$30, fabletics.com). **Nike tank top** (\$40, nike.com). **Monreal London shorts** (\$150, monreallondon.com). **Nike sneakers** (\$85, similar styles at zappos.com).

SPEED SKATER LUNGE

Of all the moves Olson has ever studied, this skater yielded the biggest burn; it even beat running at a seven-mile-per-hour pace. "Plus, you'll activate all your posterior muscles," Olson says.

For a monster burn session, try Tabata skaters: Give it your all for 20 seconds, then rest for 10 seconds. Do eight cycles of that. Olson has found that this style of programming can double your metabolic rate, and it's over in a short four minutes.

How to nail it: Standing, jump right foot to right, bending left leg and crossing it behind right to land in a deep lunge with right leg bent 90 degrees and on ball of left foot, leg slightly bent (keep butt as low as possible). Reach left arm across body to touch floor in front of right toes (to make it easier, touch right shin or just reach right). Switch sides; repeat. Continue quickly alternating sides.

burns **13** calories/minute





burns 12 calories/minute

JUMP-SWITCH LUNGE

This tones the hell out of your abs, butt, and legs with each rep, and if you swing your arms overhead, it fires up your shoulders, arms, and lower back, Olson says.

The reason it's such a calorie gold mine: "You're hoisting the large muscles of your core and lower body up from dead weight, then landing and absorbing it all into your legs," she explains.

Do six 30-second sets or burn out one leg at a time with two sets of 10 reps per side.

How to nail it: Standing, lunge forward with left foot, bending knees 90 degrees. Jump as high as you can, swinging arms overhead and switching legs in air. Land with arms by sides and right foot forward, immediately bending knees. Continue quickly alternating sides.

FIT FASHION

This page: Karma bra top (\$58, karmaathletics.com). Onzie leggings (\$63, onzie.com). Adidas sneakers (\$139, adidas.com). Opposite page: American Apparel crop top (\$32, americanapparel.com). No Kai shorts (\$130, net-a-porter.com). Reebok sneakers (\$90, reebok.com).

6
burns
calories
/minute

PILATES TEASER

As far as abs moves go, nothing surpasses the teaser for calorie burn. And Olson found it to be 39 percent more effective at targeting the rectus abdominis than a crunch and 266 percent more effective at targeting the external obliques than a sit-up.

"You're pulling your upper body off the floor," she says. "So if you weigh 130 pounds, you're lifting 65 pounds with your abs." That's why it's a bigger burner than the faster-paced bicycle crunch.

You can do it daily. Aim for three sets of five to 10 reps.

How to nail it: Lie faceup on floor with knees bent over hips and arms extended up with palms facing each other to start. Roll upper body up and extend legs until you're sitting, body forming a V shape with arms parallel to legs. Pause, then slowly roll upper body back down, one vertebra at a time, keeping legs in the air. When your shoulders reach the mat, return to start position. Repeat. Continue slowly.

SQUAT JACK

This supercharged version of a jumping jack sculpts your butt and thighs and also your shoulders, chest, and abs. "I'm such a fan of this move because it's a heart-pumping plyometric but with less impact than a lot of other explosive moves," Olson says.

"The deeper you squat, the more you load your core," she says. "You'll generate more jump power and sculpt your abs."

This is another great move to do Tabata-style. Or go for one minute, rest for 30 seconds, and repeat that three times.

How to nail it: Standing, drop into a squat, bringing fists in front of chest with elbows bent at sides. Jump feet wide, straightening legs and swinging arms out to sides and up to meet overhead. Continue quickly.



burns
11.5
calories
/minute

burns
7.5 calories/minute

FIT FASHION

This page: Michi tank top (\$119, trendysportsusa.com).
Under Armour shorts (\$25, ua.com).
Reebok sneakers (\$75, reebok.com).
Opposite page: Aday sports bra (\$55, thisisaday.com).
Vimmia leggings (\$123, bandier.com). Nike sneakers (\$100, zappos.com).

BURPEE

No muscle is left idle during a burpee. "You'll work your shoulders, back, chest, arms, abs, glutes, quads, hamstrings, and calves," Olson says. Do 30 seconds of these and you'll get the same metabolism-boosting effect as you would from a 30-second all-out sprint, according to a study in the *Journal of Strength and Conditioning Research*.

Start with three sets of 10, Olson suggests. Or cap off a workout with as many reps as you can manage to eke out.

How to nail it: From standing, crouch and plant palms on floor. Jump feet back to plank (keep abs tight, otherwise your back will sag), then lower chest and thighs to floor. Press up to plank, then jump feet toward hands. Lastly, jump as high as you can (make sure feet are under shoulders before you launch), clapping hands overhead. Continue quickly.

Easy, healthy, *slimming*

Master a few basic recipes—plus tips and tricks to vary them—and you'll always be just minutes from a quick and nutritious meal. Full of lean protein, produce, and healthy fats, these dishes will help you drop pounds deliciously. And since you can make them in a half hour or less, you'll still have time to hit the gym.

RECIPES BY REBECCA MILLER FFRENCH / PHOTOGRAPHS BY TED CAVANAUGH



Edamame Stir-fry With Miso

This **veggie** dish is loaded with healthy plant-based carbs for steady, long-lasting energy. Thanks to the edamame, it's also packed with protein to keep you feeling full and satisfied. Get the recipe—plus three simple and delicious variations—on [page 154](#).

Ingredients →



PURPLE
CABBAGE



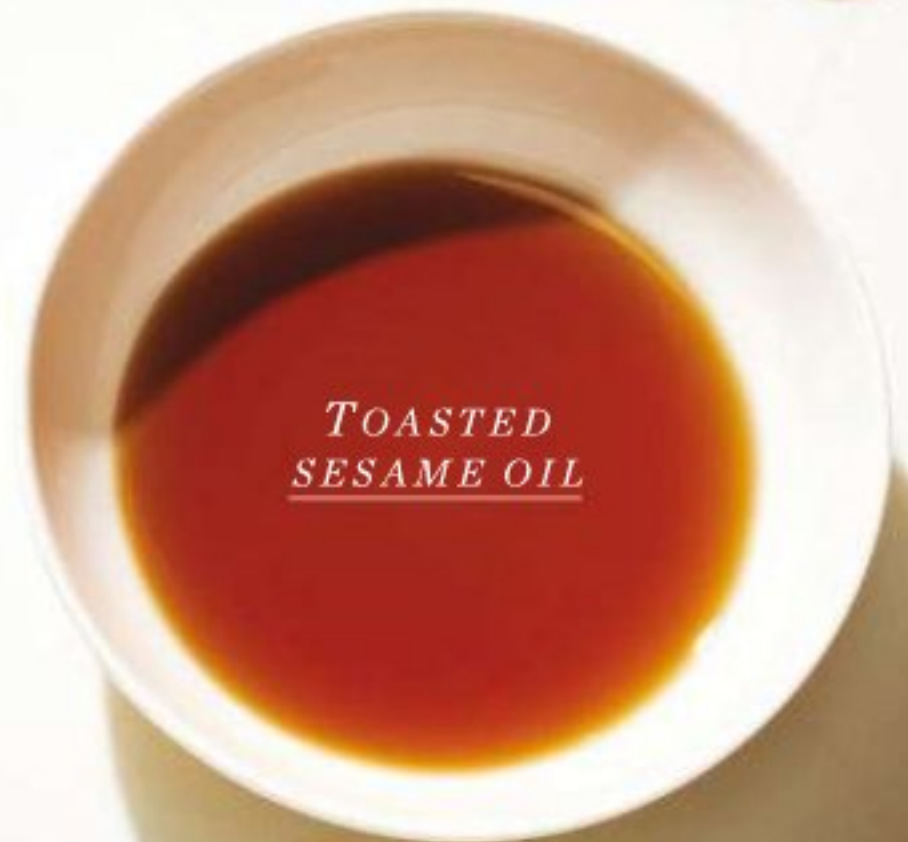
SCALLION



MISO PASTE



YELLOW
PEPPER



TOASTED
SESAME OIL



BUCKWHEAT
NOODLES



SOY SAUCE



GINGER



RICE WINE
VINEGAR



RADISH



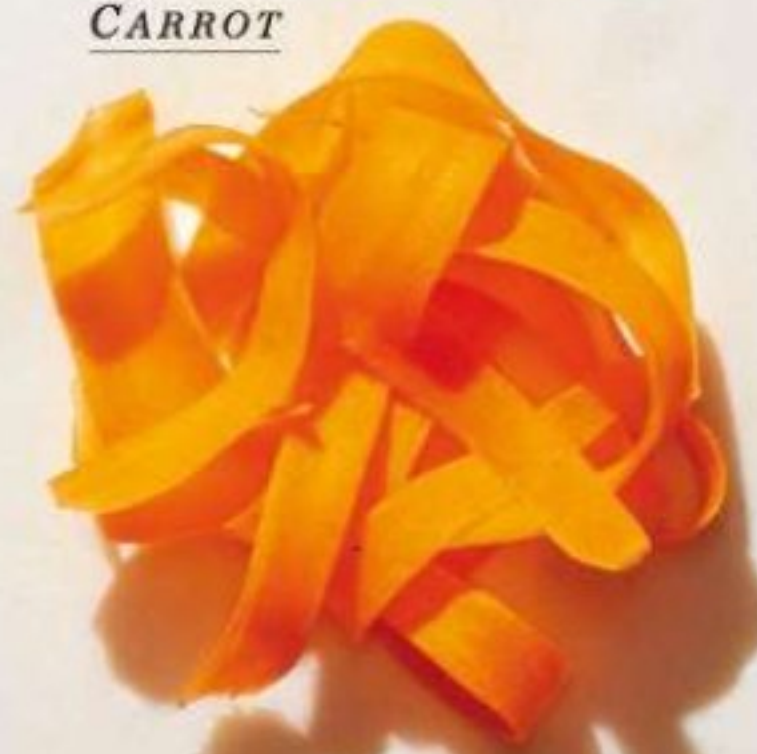
EDAMAME



CILANTRO



GARLIC



CARROT



LEMON



CREAM



MUSHROOMS



SALT &
PEPPER



DIJON
MUSTARD



OLIVE OIL



TARRAGON



GARLIC



CHICKEN
STOCK



CHICKEN BREASTS



A QUICK
SEAR
LOCKS IN
JUICES
SO THAT
THE
CHICKEN
BREAST IS
PERFECTLY
TENDER
AND
MOIST.

Tarragon- Lemon Chicken and Mushrooms

The **protein** in this meal will help you repair and build lean muscle to keep your metabolism revved. The creamy mushroom sauce gives depth and richness to the chicken without adding many calories. Get the recipe—plus three simple and delicious variations—on [page 154](#).

← Ingredients

GRAIN SALADS
TASTE GREAT
WARM OR COLD.
PACK ANY
LEFTOVERS
FOR A
HEALTHY
NEXT-DAY
LUNCH.



**Farro With
Greens, Beets,
Walnuts,
and Feta**

This sweet and savory **grain**-based dish has a whopping 11 grams of fiber to fill you up. Unlike most grains, farro is high in protein and easy to digest so that your body can better absorb its nutrients. Get the recipe—plus three simple and delicious variations—on [page 155](#).

Ingredients ➔

*CHICKEN
BROTH*



KALE



FETA



SHALLOT



WALNUTS



MAPLE SYRUP



*BRUSSELS
SPROUTS*



OLIVE OIL



FARRO



BEET



*BALSAMIC
VINEGAR*



SALT



Edamame Stir-fry With Miso

Serves: 4

Active time: 15 minutes

Total time: 15 minutes

- 8 ounces buckwheat noodles
- ½ small purple cabbage
- 2 large carrots
- 1 yellow pepper
- 8 large radishes
- 4 scallions
- 2 tablespoons rice wine vinegar
- 1 tablespoon soy sauce
- 1 tablespoon white or yellow miso paste
- 2 tablespoons plus 1 teaspoon toasted sesame oil
- 1 garlic clove, minced
- 1 teaspoon grated fresh ginger
- 1 cup frozen shelled edamame, defrosted
- ¼ cup cilantro leaves

Mix things up

Replace the base. Substitute whole-wheat spaghetti or your favorite grain for the buckwheat noodles.

Make it Chinese. Swap in broccoli, snow peas, water chestnuts, and shiitake mushrooms for the cabbage, carrots, yellow pepper, and edamame. Add peanuts, and omit the cilantro.

Turn up the heat. For a spicier stir-fry, substitute sriracha for the miso paste.

1 Cook noodles according to package directions; drain well, and rinse with cool water. Set aside.

2 While water for noodles is heating, prep the vegetables: Thinly slice cabbage. With a vegetable peeler, shave carrots into long ribbons. Cut yellow pepper into 2-inch matchsticks, and thinly slice radishes and scallions, including the green parts.

3 Prepare the dressing: In a small cup, stir together vinegar, soy sauce, miso, 1 teaspoon sesame oil, garlic, and ginger.

4 In a large skillet or wok, heat remaining 2 tablespoons sesame oil over high heat. Add cabbage and cook, stirring constantly, for 1½ minutes. Add carrot and pepper, and continue to stir-fry for another minute. Add edamame, radishes, and scallions, and continue to stir-fry for 1 minute more. Turn off heat, pour the soy-miso mixture over vegetables, and using tongs, gently toss to combine. Sprinkle dish with cilantro, and serve over noodles.

Nutrition facts per serving: 380 calories, 12 g fat (1.5 g saturated), 57 g carbs, 14 g protein, 6 g fiber, 625 mg sodium

Tarragon-Lemon Chicken and Mushrooms

Serves: 4

Active time: 20 minutes

Total time: 30 minutes

- 1 pound boneless, skinless chicken breasts
- ¼ teaspoon kosher salt, plus more for seasoning
- Freshly ground black pepper
- 1 tablespoon plus 2 teaspoons extra-virgin olive oil
- 1 pound mixed mushrooms, such as shiitake, cremini, portobello, and button mushrooms
- 1 lemon
- 2 teaspoons Dijon mustard
- ¾ cup chicken stock
- 1 garlic clove, minced
- 1 tablespoon fresh tarragon leaves, plus more for garnish
- 1 tablespoon heavy cream

1 Place chicken between two sheets of parchment or wax paper, and use a meat mallet or a heavy pan to pound the chicken to a ½-inch thickness. Season on both sides with salt and pepper.

2 In a 12-inch skillet over medium-high heat, heat 2 teaspoons oil. Add chicken, cook for 1 to 2 minutes, flip, and cook for another 1 to 2 minutes. Flip chicken again, and reduce heat to low; cover, and cook for 10 minutes. (Do not lift the lid.) Remove covered skillet from heat, and let chicken rest for 8 minutes more before serving.

Mix things up

Give it a Southwestern twist. Instead of mushrooms, toss in onions, green chiles, and black beans. Replace the lemon with a lime and the tarragon with cilantro. Eliminate the mustard, stock, and cream.

Make a salad. Skip the mushroom sauce. Slice the cooked chicken breast, and place it on shredded red cabbage and Swiss chard with thinly sliced apples and scallions. Serve with a maple syrup dressing (2 tablespoons balsamic vinegar, 2 tablespoons extra-virgin olive oil, 2 teaspoons maple syrup, 2 teaspoons Dijon mustard, ¼ teaspoon kosher salt, and black pepper to taste).

Turn it into soup. Eliminate the mushroom sauce. Once the chicken breasts are cooked, chop them up and add to a pot of vegetable or chicken broth along with chopped bok choy, sprouts, and sliced mushrooms.



3 While chicken cooks, slice mushrooms and halve lemon. Juice one lemon half, and cut the other half into thin rounds. In a small bowl, whisk together mustard and stock. In a 9-inch skillet, heat remaining 1 tablespoon oil over medium heat. Add mushrooms, and cook for 2 minutes, stirring constantly. Add lemon juice, and cook for another 3 minutes. Add garlic and a few pinches of salt, and stir. Reduce heat to medium low, and let mushrooms cook undisturbed for 5 minutes. Add mustard-stock mixture, and raise heat to high. Bring to a boil, and cook for 5 minutes.

4 Transfer chicken to plates and pour pan juices into the boiling mushroom mixture. Continue to cook until slightly thickened, about 3 minutes more. Stir in 1 tablespoon tarragon, cream, ¼ teaspoon salt, and pepper to taste. Spoon over chicken, and garnish with lemon slices and tarragon.

Nutrition facts per serving: 234 calories, 10 g fat (2.4 g saturated), 7 g carbs, 30 g protein, 3 g fiber, 515 mg sodium

Farro With Greens, Beets, Walnuts, and Feta

Serves: 4

Active time: 25 minutes

Total time: 30 minutes

- 1 cup farro
- 2 cups chicken broth
- ½ teaspoon kosher salt, plus more for seasoning
- 1 pound brussels sprouts
- ¾ bunch curly kale leaves (about 6 ounces), thick stems removed
- 2 large shallots
- 2 small beets (about 6 ounces), peeled
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons balsamic vinegar
- ½ cup walnuts
- 1 tablespoon maple syrup
- 2 ounces feta
- Freshly ground black pepper (optional)

1 In a small pot, bring farro, chicken broth, and ¼ teaspoon salt to a boil. Reduce heat and cook according to package directions.

2 While farro cooks, trim sprouts and thinly slice. Set aside. Roughly chop kale and thinly slice shallots. Cut beets into matchsticks.

3 In a medium-size skillet over medium-high heat, heat oil. Add brussels sprouts and remaining ¼ teaspoon salt. Sauté for 5 minutes, stirring frequently. Add shallots, and continue to sauté and stir for another 3 minutes. Add kale, 1 tablespoon vinegar, and a pinch of salt, and cook until kale wilts. Transfer greens to a serving dish.

4 To the same pan over medium heat, add walnuts, and cook for 2 minutes, stirring constantly. Add maple syrup and remaining 1 tablespoon balsamic vinegar, and stir to coat, cooking for about 30 seconds more. Layer farro over greens, and top with walnuts, beets, and feta. Season with black pepper if desired.

Nutrition facts per serving: 486 calories, 20 g fat (4.1 g saturated), 61 g carbs, 18 g protein, 11 g fiber, 980 mg sodium

Mix things up

Change the grain. Swap out the farro for the same amount of quinoa, freekeh, black rice, buckwheat, or millet.

Go Mediterranean. Replace the brussels sprouts and kale with raw spinach, shallots, and oil-soaked sun-dried tomatoes, and substitute black olives for the beets. Eliminate the maple syrup. Garnish with fresh basil leaves.

Add a little sweetness. Replace the brussels sprouts and kale with shaved carrots and thinly sliced fennel and radicchio. Swap out the beets for fresh orange segments.

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Continued from page 137

advises. Limiting yourself to about 1,500 calories a day won't leave you starving, but it will help you see motivating changes on the scale.

7. How you eat is as important as what you eat.

In order for your brain to register that you're full, you need to focus on what you're eating. "Physical satiety is closely tied to psychological satisfaction," Beck Busis says. "People tell me all the time how difficult it is for them to lose weight because they love to eat, yet they never concentrate on their food—they eat while watching TV, reading, driving, and working." No wonder that, according to research, eating when you're distracted results in consuming a significant number of extra calories a day.

Use it to lose it. Sit down whenever you eat, preferably at a table. "If you ask someone to recall what she ate in a day, she'll forget most of the food she consumed standing up," Beck Busis says. Turn off the TV or computer, put down your phone, and look at your food. Smell it. Chew slowly, and don't put another bite on your fork until you swallow. When women ate lunch this attentively, they consumed 30 percent less when snacking later than those who listened to an audiobook at lunchtime, according to a study in the *British Journal of Nutrition*.

8. Weighing yourself really works.

The scale provides the best evidence about whether your efforts are paying off, Beck Busis says. Seeing the numbers tick up or down or stagnate is motivation to keep going—or to rethink your approach. A 2015 study at Cornell University found that daily weigh-ins helped people lose more weight, keep it off, and maintain that loss, even after two years.

Use it to lose it. Step on the scale at the same time every day for the best results.

Embrace the scale. Daily weigh-ins help people lose more weight, keep it off, and maintain that loss even after two years, research shows.

If your weight shoots up several pounds from one weigh-in to the next, don't freak out. Eating a lot of salt the night before or having your period is the likely culprit. The number should return to normal in a day or two. It's a steady climb that you need to do something about.

9. Too much stress and too little sleep are your enemies.

When you're tired and frazzled, your body cranks up the production of cortisol, the stress hormone that can cause carb cravings, Frutchev says. Not getting enough sleep also boosts your levels of ghrelin, a hormone associated with hunger, while suppressing leptin, a hormone that signals fullness and satiety. People on a diet who slept only five and a half hours a night for two weeks lost 55 percent less fat and were hungrier than those who slept eight and a half hours, according to a study in the *Canadian Medical Association Journal*.

Use it to lose it. Prioritize sleep, aiming for seven hours or more a night, which research shows helps lower stress. And make sure you're getting quality zzz's. If a snoring spouse or a fidgety cat wakes you up frequently throughout the night, you may end up getting the equivalent of just four hours of sleep, according to a study from Tel Aviv University. Keep pets out of the bedroom, and use a white-noise app to drown out snoring.

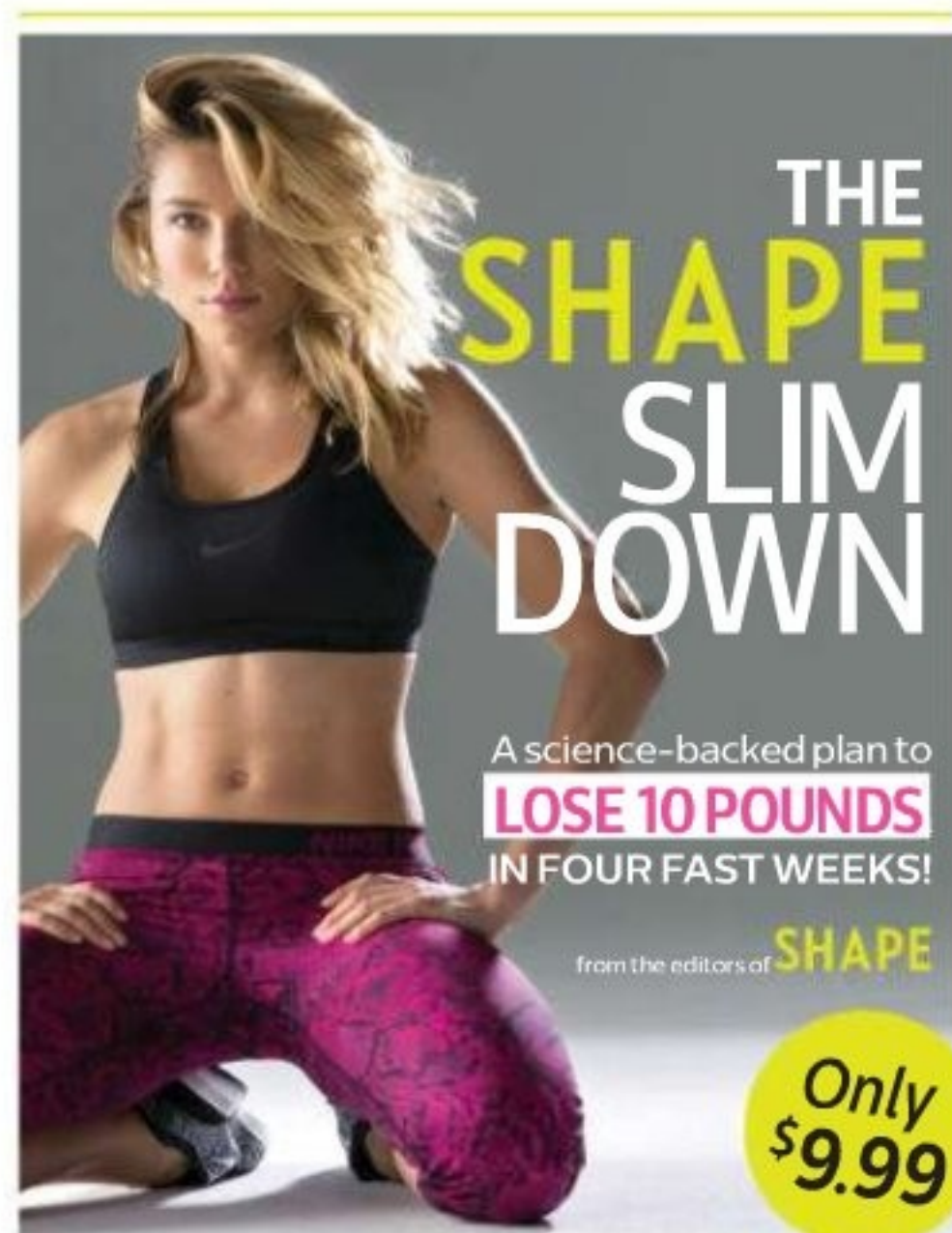
10. You will hit a plateau—and you can bust through it.

As you slim down, your body releases much less leptin, the fullness hormone. "If you lose 10 percent of your body weight, leptin drops by about 50 percent," Dr. Aronne says. "Your brain is programmed to think you've shed more pounds than you actually have, and it tells your body it needs more food and should burn fewer calories." That's why plateaus happen and what makes maintaining weight loss so difficult. In addition, when you're lighter, you require fewer calories for energy. "You might have burned 100 calories taking a walk before, but now your body needs only 80 calories to go the same distance," Frutchev explains.

Use it to lose it. We'll reiterate: If you're not strength training, start right now. Building muscle can raise your metabolism to help you overcome a plateau, Dr. Aronne says. To keep your body challenged and burning calories, incorporate new moves and more intense intervals into your workouts or add another sweat session to your weekly routine. Alternatively, cut an extra 100 calories or so a day from your diet. Now that you've lost weight, your body simply doesn't need as much fuel. Still stuck? Try eating carbs last at every meal, after your protein and vegetables, Dr. Aronne suggests. His research shows that doing so will reduce your blood sugar by almost 40 percent. "Blood sugar influences weight," he explains, "so this strategy could help." ★

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WHAT RATE OF PERCEIVED EXERTION (RPE) MEANS

RPE is used to gauge your intensity in cardio workouts. Here is what the numbers in our fitness stories indicate.

RPE

- 1, 2 Very easy;** you can converse with no effort.
- 3 Easy;** you can converse with almost no effort.
- 4 Moderately easy;** you can converse comfortably with little effort.
- 5 Moderate;** conversation requires some effort.
- 6 Moderately difficult;** conversation requires quite a bit of effort.
- 7 Difficult;** conversation requires a lot of effort.
- 8 Very difficult;** conversation requires maximum effort.
- 9, 10 Peak effort;** no-talking zone.

Shape (ISSN 0744-5121), January/February 2016, Volume 35, No. 5, is published 10 times per year in January/February, March, April, May, June, July/August, September, October, November, and December by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023. Periodicals postage paid at Des Moines, IA, and at additional mailing offices. Subscription prices, \$22.00 per year in the U.S.; \$39.00 (U.S. dollars) in Canada; \$51.00 (U.S. dollars) overseas. POSTMASTER: Send all UAA to CFS. (See DMM 5071.5.2); NON-POSTAL AND MILITARY FACILITIES: Send address corrections to *Shape*, P.O. Box 37508, Boone, IA 50037-0508. In Canada: mailed under Publications Mail Sales Product Agreement No. 40069223; Canadian BN 12348 2887 RT. Return undeliverable Canadian addresses to *Shape*, P.O. Box 875, STN A, Windsor, ON, N9A 6P2. © Meredith Corporation 2016. All rights reserved. Printed in the U.S.A.

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Snowboarder Elena Hight defies gravity

By SARA ANGLE



What you need to know about the double backside alley-oop rodeo, a truly vertiginous halfpipe trick (google it), is that Elena Hight, 26, was the first to stick it. The former gymnast has been one of snowboarding's most mesmerizing aerialists since age 13. As this two-time Olympian preps to take on the laws of physics yet again at the X Games in January, we learn what makes her tick.

How did a girl from Hawaii end up on the slopes?

My family relocated from the beach to the mountains when I was 6, so the first thing my surfer dad did was teach us to snowboard. Still, I hate the cold.

What's your training like?

Usually I'm on the mountain for two to five hours a day. The rest of the time is recovery. I'll do light Spinning to get the lactic acid out of my legs and yoga for a good stretch.

Butt or legs?

Snowboarding is all about your butt. I do lots of squats and lots of lunges.

First thing you do in the morning?

I drink 16 ounces of lemon water to ensure that I start off my day hydrated. Then I make an egg-white scramble with spinach, mushrooms, and tomatoes and have it with a side of fruit—pineapple is my favorite.

Coffee, tea, or cocoa?

I'm really addicted to coffee. Especially almond milk lattes.

Comfort food: Do you go nuts or stay healthy?

I love to cook homemade veggie curry using light coconut milk instead of dairy and to eat it with brown rice. I add tons of fresh spices like ginger, garlic, turmeric, and yellow or red curry paste.

Travel must-have?

I always bring a mat, and I'll tap into a yoga podcast.

Snow angels or snowballs?

A snowball fight—that's way more fun!

What's your winter face-saving strategy?

I use 100% Pure's moisturizer with açai berry and then put Sweat sunscreen on top, because it's mineral-based and stays on. There's nothing worse than a goggle tan.

What goes through your head when you're soaring upside down?

The best part is, when you've practiced something again and again, you don't have to think. It all just comes together. You've prepared and you know exactly how to do it, so your body simply takes over. ★



Mike Yoshida. Portrait: Karl Rowe



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